



# Feng Shuí for Abundant Living

Learn how to achieve  
a balanced and harmonious life  
using these simple, yet powerful balancing tools.

by Kathy Browning

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**Kathy Browning**

[www.FengShuiForAbundantLiving.com](http://www.FengShuiForAbundantLiving.com)

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# Table of Contents

Preface	4
Foreword by Nikkea B. Devida	5
What is Feng Shui	7
Understanding the Principles of Feng Shui	9
Before You Begin Applying Feng Shui	14
The First Step	15
Releasing the Past and Preparing for the Future	17
Working with the Bagua	19
Individual Gua's	26
Understanding the Five Elements	29
The Three Sources of Power	36
Three Secret Enforcements	39
Feng Shui of a Home's Exterior	42
Feng Shui of a Home's Interior	46
Feng Shui in the Bedroom	48
Feng Shui in the Kitchen	49
Feng Shui in the Bathroom	51
Feng Shui in the Living Room	53
Enhancing Wealth and Creating a Wealth Vase	54
Enhancing Health	58
Enhancing Your Career	63
Enhancing Helpful People and Travel	65
Enhancing Creativity and Children	67
Enhancing Love and Relationships	69
Enhancing Reputation and Fame	71
Enhancing Family	73
Enhancing Knowledge	75
Feng Shui Balancing Tools	77
21 Feng Shui Tips	88
Glossary	94
Feng Shui Resource Center	104
Order Info	106

# **VERY IMPORTANT INFORMATION**

## **PLEASE READ BEFORE PROCEEDING**

Feng Shui is a powerful and ancient practice, which connects you to the flow of energy (also known as 'chi',) in your home, office and other surroundings. It is *extremely* important that you take the time to understand the philosophy and the basics of Feng Shui before embarking on the mission of a Feng Shui make-over.

I have personally experienced countless blessings by incorporating the practice of Feng Shui into my life. You can begin to invite these blessings into your daily life by the time you finish reading this e-book.

The information contained within this book comes from nearly a decade of personal experience and 1200 hours of research. I am not a certified Feng Shui consultant, however, I do possess the knowledge of how to get you started and can guide you to resources that will take you as far as you would like to go.

Many people dabble in Feng Shui and that is perfectly fine. Others become so intrigued that they go on to become a master. Feng Shui is fun and magical. It produces miracles. Reading this book will help you begin creating miracles in your life too!

Live Well and Dream Huge!

Kathy Browning

**CAUTION:** This book was written under the influence of Organic Planet Coffee and Chocolate, as well as an occasional cup of Green Jasmine Tea. Organic Planet products are the perfect accompaniment to Feng Shui. Stop by [www.OrganicCoffeeandTea.net](http://www.OrganicCoffeeandTea.net), for the world's finest coffee, tea and chocolate. You'll be glad you did!

## Foreword

### by Nikkea B. Devida

Feng Shui has been an important part of my life since May of 1995. My first introduction to Feng Shui was an auspicious encounter with Denise Lin's "*Sacred Space*" book. One night while visiting a friend, I couldn't sleep and picked up her book and began to read it. Within five minutes of reading it, I felt a calling and a knowing that I was meant to do this work called Feng Shui. The next morning I set out to find someone in my local area to help me study this fascinating art and science of placement.

This journey led me to learn and study with many teachers over the course of several years; a journey which continues today. It is only right to honor the source and lineage from which this information comes. My earliest teachers were Bill Land, Seann Xenja, and David Daniel Kennedy; not to mention the countless books by many others, especially Sarah Rossbach. These people and these books led me to study directly with His Holiness Thomas Lin Yun in Berkley, CA. H.H. Lin Yun established the Feng Shui school of study from the perspective of Black Set Tantric Buddhism (BTB), otherwise known as Black Hat Feng Shui.

I honor and respect the source from which all of this information originated. No book on Black Hat Feng Shui would be possible without the guidance and knowledge from H.H. Lin Yun.

Black Sect Tantric Buddhism (BTB) is an outgrowth of various religious disciplines. It evolved out of a long journey of Buddhism from Tibet through India and into China. In Tibet it incorporated the mystical chants and charms of Bon, the native religion, which was more mystical and shamanistic. From India it brought an organized church and teachings of Hindu, with tenets of karma and reincarnation, yoga, chants, compassion; also with practicing mystics and magicians. In China it absorbed the I Ching and Confucian, Taoist, and folk religions and customs such as traditional Feng Shui, palmistry, face reading, faith healing and the theory of chi.

The synthesis is a very practical and sensitive approach to surroundings, suffused and supported by a repertoire of mystical chants and charms, prayers, and meditation. H.H. Lin Yun came out of this rich tradition. Lin Yun's ancestral home is in Taichung, Taiwan, but he was born in Peking in 1932. He began his training with monks when he was only six years old. Lin Yun honors and respects all forms of Feng Shui and admonished his students and disciples to do the same. At the same time, H.H. Lin Yun established the "*Theory of Multiple Cause and Effect*" and the "*Theory of Ling Particles and Chi*", with an emphasis on relative position. This is different from the traditional theory in which Feng Shui is characterized by the combination of "astrological sign" and "absolute direction."

While Black Hat Feng Shui sets itself apart from other schools of Feng Shui, it combines the merits of various other schools with perspectives from modern psychology, physiology, geographical ecology, ecology, architecture, medical science, aesthetics, artistry and folklore. Black Hat Feng Shui replaces the old with the new by using modern knowledge, techniques, and theories to establish this school of Feng Shui.

Black Hat uses the eight trigrams of the Bagua, superimposing them over a given location. This form of Feng Shui takes into account both the visible factors, as well as the invisible factors. The visible factors are such things as the shape of the land or house, the floor plan of a home or office, and other interior and exterior features.

The interior factors refer to the placement and decoration within the house, including the placement and location of the bed, stove, and furniture. The exterior factors refer to the elements outside of the house such as roads, rivers, other buildings, trees and so forth.

The invisible factors rely on one's consciousness and intuition. In Black Hat Feng Shui, there are several chants, rituals and cures that adjust the energy of the environment beyond the moving of furniture, use of color and lighting. This is ultimately the power and the magic of Black Hat Feng Shui.

Kathy Browning has taken the essence of these principles and incorporated them into an easy-to-read and easy-to-understand book. This book serves as an introduction to the rich culture and practice of Feng Shui, which can be a life long exploration and journey. For those beginners who are studying Feng Shui for the first time, this is the perfect book. For those who have studied Feng Shui, this book provides a clear overall review of basic Feng Shui principles and teachings.

Kathy took these basic principles and distilled them into a clear and insightful format to assist you in bringing Feng Shui into your own life...to improve your health, wealth, career, and relationships. She has been working with these principles in her own life for many years, and I have watched her transform, blossom and prosper before my eyes.

This kind of transformation and success is what Feng Shui is all about. Feng Shui is about obtaining results and improving your life, not just a trendy way to decorate your home. It is a way to identify visible and invisible forces and bring them into harmony, alignment and balance. We do this not only with our environment, but also with our bodies, intentions and consciousness.

May you live a long and abundant life,

Nikkea B. Devida

April 2005

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## What is Feng Shui?

Feng Shui originated in China over 4000 years ago and is an age-old practice that embraces the idea of living in harmony and balance with our environment. Feng Shui (pronounced *fung schway*) literally means *wind* and *water* and is the study of energy and how it affects people. Feng Shui teaches you how to harness and control the visible and invisible energies that surround us.

The underlying premise of Feng Shui is that everything in your surroundings, down to the smallest detail of furnishing and décor can either further your goals in life or work against you. By understanding the subtle currents of energy that flow through your body and through everything in the universe, you can arrange your living and working environments to help you reach your goals.

The arrangement of your home or office can affect your peace of mind and physical health. By applying the principles of Feng Shui, it is possible to make your relationships healthier and to create living and working environments more attuned to the life force that surrounds each of us.

Feng Shui is a creative and intuitive science. The practice of Feng Shui represents a belief that there are subtle forces in our surroundings that can impact our lives. It provides a framework for understanding the secrets of how energy moves in our surroundings and how the landscape, the style of buildings, and their interiors affect us at a subtle level. Using Feng Shui, you can enhance your entire life and minimize obstacles and misfortune.

## The Four Methods of Feng Shui

There are four methods of Feng Shui: The Form School, Eight Directions, Compass Method and the Black Hat. **The teachings provided in this e-book are based on the Black Hat method, however an overview of the other methods are included below.**

According to the **Form School** method, Feng Shui has an "armchair" configuration. For instance, a hill or mountain behind the home on the northern side provides protection from cold winter winds, with lower hills along either side, the house facing south to catch the sun and a lake or stream in front to provide water for crops and livestock. This type of landscape configuration is still considered auspicious (lucky) today. In an urban environment, a larger building to the rear provides a similar kind of protection. Streets and highways act like rivers to provide pathways for chí.



The **Eight Directions** are the four cardinal compass points--east, west, north, south--and the points in between--NE, NW, SE, SW. Based on your gender and year of birth, four of these directions will be auspicious for you, and four will be inauspicious and thought to bring illness or bad luck.

According to this method of Feng Shui, the front door of your home should face one of your lucky directions. You should sleep in an auspicious section of the house, and face one of your lucky directions while you work, and so on. This approach to Feng Shui is very popular in Europe and is becoming more widely known in the U.S.

The **Compass** method is a complex practice that calculates a detailed “star” chart for the home, based on the year of construction and the precise compass direction the building faces. This approach is comparable to having an astrology reading for your home.

In addition to the basic chart, there are influences that change every day, month, and year. Some homes will have poor star combinations that will bring bad luck and misfortune to their occupants unless those influences are corrected through specific Feng Shui “cures,” such as placing metal or water in certain areas of the house. Other homes might have a good star chart, only to come under unlucky influences during a particular month or year.

The **Black Hat** method is a contemporary Western style of Feng Shui. It addresses the need for a method that can be used where compass-oriented rules of placement are difficult or impossible to follow. It can also be used in combination with the other methods to provide a deeper understanding of the energetic qualities and influences of your space.

In this contemporary approach to Feng Shui, the association of specific areas of the home with specific aspects of your life is based on position relative to the front door, also referred to as the “mouth of chi.”

Furniture is arranged to create a safe and comfortable environment, and colors, artwork, and other imagery are chosen to reinforce desired changes. One of the most appealing aspects of this style of Feng Shui is the emphasis it places on the power of your intention to influence the energy of your home. This makes the practice of Feng Shui much more personal and unique to each individual, and creates the opportunity to use Feng Shui as a tool for increased self-awareness and personal growth.

Black Hat Feng Shui teaches the principles of contemporary western Feng Shui in a way that is easy to learn and apply. And the best part of this type of Feng Shui is that anyone can use it for increased prosperity, success and happiness--starting right now, without special equipment or years of training.



# Understanding the Principles of Feng Shui

For thousands of years people have been aware of energy moving through the universe, connecting everything in it like a huge computer network. What has come to be called Chí (chee) is a subtle flow of electromagnetic energy, which links all things in the universe.

In the Far East the understanding and control of energy flow underlies traditional healing systems such as acupuncture and Shiatsu, as well as martial arts like Tai Chí, Qi Kong and Aikido. The energy has several names. In China it is called Chí, in Japan it is known as Kí (also spelled Qi) and in India it is referred to as Prana. There are no specific words for it in the West, although expressions such as 'atmosphere', 'mood', 'life-force' or 'spirit' describe how it is perceived. In this book, it is referred to as Chí energy.

Chí stays mainly within entities such as human bodies, plants or buildings, but some of it constantly flows in and out and some flows in from other sources. Your own personal chí energy is always mixing with the chí energy around you. In this way you are connected to the immediate environment, and ultimately the entire universe, as ripples of chí energy from far away reach you. Exceptionally sensitive people may be able to pick up advance information from these distant sources in the form of premonitions, visions or telepathy.

The flow of energy from one entity to another is the basis of Feng Shui. The chí energy you take in from your environment influences your moods, emotions, physical energy, and over time, your health. Let's say there is one particular individual who controls the environment. You've seen it happen; the boss comes in grumpy, slamming doors, drawers and telephones. He lets everybody know he's in a bad mood and everyone walks softer, talks quieter and gets busier. But, later that afternoon he lands his big deal and he's popping the cork of the champagne bottle and patting all his employees on the back. Now there are loud voices, laughter and less work being done. Do you see how you would be influenced by this man's positive or negative chí energy? We're always exchanging energy with everyone and everything around us. What are you sending out and what are you taking in?

Chí energy is carried throughout the environment by wind, water, the sun's solar energy, light and sound. It moves in a similar way to these natural phenomena except that, unlike some of them, it is able to flow through solid matter. It flows in and out of buildings mainly through the doors and windows, but some chí can enter and leave through the walls. The name Feng Shui, which literally means "wind-water", reflects the way chí energy moves. **The basic aim of Feng Shui is to enable you to position yourself where this natural flow of chí energy helps you to realize your goals and dreams in life.**

Buildings alter the flow of chí energy. Their shape, openings and the materials they are made of define the way chí energy flows through them. It moves most easily through doors and windows, so the orientation of a building to the sun and the planets will determine the kind of chí energy that enters it. This energy is constantly changing as the planets move through the sky, so there is a new pattern of chí energy each year, month, day and hour. The biggest changes occur each year.

Features of the immediate surroundings such as water or roads, determine the kind of chí energy that flows back and forth through the doors of the building. In an ideal situation chí energy flows harmoniously through the whole of a building. The design and interior decoration should enhance the kind of chí energy that furthers the goals and desires of the occupants and should exclude or minimize features that hinder them.

### UNFAVORABLE CHÍ ENERGIES:

Some situations produce unhelpful types of chí, causing problems for a building's occupants, and even physical or mental ill-health.

**Negative Chí:** Certain buildings or decorating materials have a negative effect on chí energy; synthetic fibers, synthetic building materials, artificial lighting and air conditioning all add their own artificial chí energy, which negatively influences the chí energy of the occupants and could lead to mental and physical exhaustion.

**Stagnant Chí:** Slow-moving and stagnant chí is produced by dark corners, cluttered rooms and dampness. They can lead to a slowing down of your personal chí energy, which may cause serious health problems and a loss of direction in your life.

**Fast-Flowing Chí:** Chí energy moving quickly in a straight line can destabilize the flow through an entire building; so long corridors, straight paths or several features in a straight line should be avoided. Fast-moving chí energy directed towards you could push away some of your own chí energy, making you feel insecure and under attack.

### PERSONAL CHÍ:

To appreciate how chí energy in the environment influences you, it is necessary to understand how it moves within your own body. It flows through it in much the same way as blood. Along the center of the body are seven concentrations of energy called chakras, which are similar to large organs where blood concentrates. Spreading out from the chakras are 14 paths of chí energy known as 'meridians.' These flow along your arms, legs, torso and head. Like blood vessels and capillaries, they take chí energy to smaller and smaller channels until each cell is nourished by both blood, and chí energy.

While blood carries oxygen and nutrients, chí energy carries thoughts, ideas, emotions and your dreams in life. It also carries some of the chí energy from the environment. Therefore, what you think and where you think it will have a direct influence on the cells in your body. The influence of the mind on physical health is well established. Many people have experienced the benefits of positive thinking and some claim to have used it to recover from serious illness. Similarly, people have been healed by moving to a new location. Traveling to spa towns or locations with special healing properties has a long tradition.

Many factors affect the chí energy that comes into your body - among these are food, weather, and the people you are with. In Feng Shui terms, the primary influence is the chí energy of the environment. This includes your home, your place of work, and the surrounding landscape. A building itself also has an influence.

Being in a large ornate building such as a museum or cathedral can be inspiring, exciting and stimulating, whereas a small cozy place such as a cottage, café or bar is more relaxing and intimate. A building's location also helps shape the kind of chí that enters your body. The chí energy in rural areas is different from that in a city, and traveling to other parts of the world also gives you the chance to experience very different kinds of chí energy.



### Yin and Yang:

In Feng Shui, opposite forces are called yin and yang. The concept of yin and yang offers a comprehensive way of looking at the world and how it affects you. It makes it possible to adjust your relationship with people and your surroundings so that you can place yourself in favorable, rather than unfavorable, situations. Ultimately, you will be able to use your knowledge of yin and yang to get more out of your life with less effort.

Yang energy is light, high, bright, active, lively, forward and positive. Yin energy is dark, low, inactive, calm, reflective, backward and negative. Opposite qualities compete for space, but too much or too little of anything causes an imbalance.

Inside a room or building, symptoms of excessive yang include an overflow of possessions, people, pets, furniture, equipment, or books. In the kitchen, excess yang takes the form of counters littered with bottles, jars, and dishes. In the living room, it is end tables piled high with magazines and papers. Such a space is taking in more chí than it can expel.

**To determine whether you have too much energy in your space, ask yourself these questions:**

- ❖ Is the space protected from the elements? (exposure to the elements damages the good energy of any space)
- ❖ Is the space too bright from excessive lighting or too much sunlight?
- ❖ Is the atmosphere loud, hot or noisy?
- ❖ Are people packed in like sardines?

If you answered yes to any of the questions, you might have excess yang chí.

**Here are a few simple things you can do to regain your balance and peace of mind:**

- ❖ Close the curtains or blinds, turn off the lights; use spotlights to highlight special objects in darkened rooms; use muted lighting from invisible sources
- ❖ Use quiet, cool, dark or secondary colors with still patterns
- ❖ Cover, enclose, or contain areas or objects
- ❖ Use absorbent, dull, wide-weave surfaces and fabrics
- ❖ Add heavy, solid furniture and accessories
- ❖ Remove clutter and make empty spaces where chí can flow

When there is an excess of yin, there is insufficient yang and no energy for life. Health, business, love, and every area of life are diminished. It is not a good idea to build or live where chí is weak or inaccessible.

**To determine whether your space has too much yin, ask yourself these questions:**

- ❖ Is the space so empty you can hear your voice echo?
- ❖ Is it cold or damp?
- ❖ Can you see mold spots, water stains, or rotten wood?
- ❖ Is the air stale and smelly because there is no ventilation?
- ❖ Is it dark and gloomy?
- ❖ If there is a window, is it so dirty that no light enters?
- ❖ Is the floor warped or damaged?

**If you answered yes to any of these questions, here's what you can do right now to make things better:**

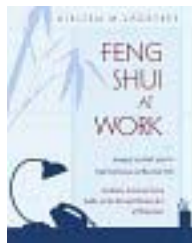
- ❖ Open the curtains, let in the sun, or turn on some lights
- ❖ Use primary, warm, hot, bold, bright, contrasting colors in dynamic and vibrant patterns
- ❖ Uncover, open, or dramatize areas or objects with bright or moving lights
- ❖ Use reflective surfaces and shiny, smooth fabrics that bounce the light
- ❖ Use patterns that run the same way as the flow of traffic
- ❖ Add movement. Turn on an electrical fan, hang wind chimes or pieces of fabric where they catch the air

One of my favorite feng shui books is "*Feng Shui at Work: Arranging Your Work Space to Achieve Peak Performance and Maximum Profit*" by Kristen M. Lagatree.

This easy-to-understand guide to Feng Shui in the workplace can help you:

- Improve your relationships with colleagues
- Boost your corporate finances
- Jumpstart your creativity

Best of all it's available at [Amazon](#) for under \$12.00 USD!



<http://tinyurl.com/8r3h2>

## Before You Begin

When applying feng shui to your home or office, it is better to focus on solving one specific problem rather than to make blanket changes all at once. **Please don't just dive in and pull bits and pieces out of this book.** It's important to have a basic understanding of feng shui before implementing remedies or you could end up creating problems that currently do not exist.

Above all, do not expect feng shui to be the answer to all your problems. It is only one of many influences on your life. Your diet, your family background and general life experience, all have profound effects. The success of feng shui depends largely on how realistic your expectations are.

The first step is to identify the problem. Make a list of areas where you have had problems and those you would like to improve. Relationships, finances and career usually figure in either or both lists.

Next work out more specifically why you are having these problems. For example, if you are having financial challenges is it because your income has declined or your expenses have shot up? If you cannot find a romantic partner, it is because you do not go out and meet people, or overwhelm those you do meet? Is your career at a standstill because your efforts are not being noticed, or have you lost your ambition?

The answers should suggest a solution - to make more money or cut down expense, to be more sociable or less aggressive, to be more assertive, more motivated or set your horizons higher. Only now can you begin to think of applying Feng Shui to make sure your environment is helping you to achieve your goals. **In order to fully benefit from Feng Shui it's important for you to be clear on what results you wish to achieve.**

### Potential Benefits of Feng Shui include:

- ❖ Increased Motivation
- ❖ Improved Health
- ❖ Better Stress Resiliency
- ❖ More Harmonious Family Relationships
- ❖ Enhanced Prosperity
- ❖ New Career Opportunities
- ❖ Fame and Respect
- ❖ Love and Romance
- ❖ Sense of Well-Being
- ❖ Feeling More in Control

# The First Step

Clearing the clutter and debris in your home and in your personal life is the first step of Feng Shui and it costs you nothing. Clutter is trapped energy that has a far-reaching effect physically, mentally, emotionally and spiritually. Clutter makes you feel unorganized, confused, keeps you in the past, congests your body, and leaves you feeling lethargic and tired. **Clutter is energy constipation and who needs that?**

Ridding yourself of clutter (even things which were once of value to your life) makes room in your life for what you really want and need now.

## Ten Tips for Eliminating Clutter

1. **Use the Ultimate Clutter Test** ~ Does it lift your energy? Do you use it? Do you love it? If you answer no to these questions, it's time to let it go.
2. **Give yourself a miniature energy shift** ~ Set a kitchen timer for 30 minutes and clear a small area such as a kitchen drawer. You will probably find you are feeling more energized and might have trouble stopping!
3. **Put things away within 30 seconds of using them.** ~ How many times have you tossed a magazine on the table, intending to get back to it? Is it still on the coffee table? Just for today, put everything back in its place.
4. **Throw things away often** ~ 80% of what is stored or saved is never used again - that applies to papers, clothes, magazines etc. Maybe it's time to clean out those old files stored on your computer or in your desk?
5. **Make a list of all the unfinished things in your life** ~ This could include letters or phone calls you need to make, someone you need to apologize to, an appliance that doesn't work. Then set out to complete these things. They have all been draining your energy.
6. **Do a little clutter busting every day** ~ Sort mail daily and file your paperwork. Have a place to put things so you don't waste time looking for them.
7. **Get rid of old clothes** ~ For some reason we hang onto clothes thinking they will come back in style or we will lose the weight we need to fit back into them. Ask yourself these questions: "Do my clothes represent who I am now?" "Do they make me feel good about myself?" If your closet is filled with clothes you no longer need, donate them to charity. Open up space in your closet for new things to come in.
8. **Clean out your cupboards and refrigerator** ~ Do you have any non-perishable items that you know you won't eat? Donate them to a food bank or offer them to your neighbor. Get rid of outdated food items in the refrigerator and give it a good cleaning.



9. **Donate books that no longer serve your needs** ~ Aim to have a collection of books that represent you as you are today, not who you were in the past.
10. **Think before you buy** ~ The next time you go shopping, ask yourself before you buy something, "Do I really love this and need it?" "What am I willing to part with, in order to have this?" A good rule of thumb is to only buy what you really need.

As you identify and release your clutter, you free up the energy held there for more constructive purposes. Your life may take off in ways you never thought possible. **Clearing your clutter is essential in Feng Shui.**

What you want is available to you, but there may be no room in your home or your life for it! Letting go of what no longer serves you must occur before more treasures can come into your life. Releasing clutter can help you clear life patterns which do not serve you any more. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy and allowing you to create space in your life for the things you want to achieve.

Begin today by choosing one area to begin with, such as a counter top that has accumulated an entire month of junk mail. You'll get more, I promise! Keep the clutter-busting simple. If you look at the whole picture, you might become overwhelmed and not do anything. As you eliminate the clutter from your environment, visualize what it is that you are making room for. This will begin the process of manifestation.

### **Feng Shui can help:**

- ❖ Make your home feel welcoming
- ❖ Improve your relationships
- ❖ Bring your family closer together
- ❖ Improve your children's study habits
- ❖ Improve your health
- ❖ Help you buy or sell your home or business
- ❖ Help you succeed in all areas of your life

## Releasing the Past and Preparing for the Future

In Feng Shui, our homes are regarded as sacred places; therefore it is very important that we maintain our homes, just as we maintain the hygiene and health of our bodies.

**The second step to incorporating Feng Shui into your daily life is to fix and repair everything in your home, office and garden.** Oftentimes, we hold onto items that are in need of repair, but never get around to repairing them. Broken items are symbolic of a broken life and who needs that?

How much stuff do you have that needs a screw, a dab of glue, a stitch or two? Make time to sort through these items and determine what you really want and what you know you will never fix. Determine the value of this item and if it is truly something you want to hang on to, take the time to fix it or take it to someone who will fix it for you. If you are ready to part ways with the item, place it in the trash, sell it or donate it, but get rid of it.

There is much symbolism used in Feng Shui and the more you learn about this art, the easier it will become for you to make these connections. These include:

- ❖ Clutter and broken items are symbolic of clutter of the mind, holding onto the past, and things which no longer work.
- ❖ Windows are the eyes of chí (life force energy) and affect your clarity, so replace broken window panes and clean the windows. If you're having a hard time "seeing" things, take a look at your windows. Chinese culture teaches that broken windows create conflicts with a child or inner child.
- ❖ Broken or blocked doors block the voice of the adult.
- ❖ Plumbing represents our digestive system, so repair leaky faucets and clogged drains.
- ❖ Electricity and electrical devices represent our neurological system, so tend to your electrical needs - you don't want to 'short-circuit'.
- ❖ A sticking door or two doorknobs banging together, can contribute to tension between partners, so ease a tight fit. Tie red ribbons on doorknobs that bang against one another.
- ❖ Garbage cans should be put away and always covered with a lid.
- ❖ Toilets, sinks, tubs and shower stalls are drains. Connected with the water element, these are symbolic of your wealth. Keep your toilet lids down and close the drain plugs and bathroom doors to avoid draining your wealth.

The main entrance to your home or building is the main 'mouth' of Chí. Symbolically this is where all of the chí enters the building. It is important that the main entrance be clear, open and well defined. Below are tips to help you strengthen the entrance to your home or office:

- ❖ Eliminate obstructing clutter that blocks your path.
- ❖ Check for a squeaky door, broken handle, uneven door frame, uneven steps or a broken doorbell.
- ❖ Check your doorknobs, repair broken hardware and add oil until the door opens flawlessly.
- ❖ Clean the entrance area and get rid of cobwebs and dirt.
- ❖ Make sure the entrance is well lit, as good lighting will create a flow of good energy into your home.
- ❖ Make sure that the access from the street or sidewalk to your home or business is clear, so that people can easily see the entrance door.

The important thing for you to remember is that all these things affect the way chí (energy) flows through your home and workplace. Although this energy is invisible, it is there. Feng Shui provides you with the tools to harness this energy and put it to work in your favor.

As chí circulates through your home, it begins to develop certain forms and invisible energy patterns. These patterns of energy form the chí that enters our bodies. The chí in our bodies in turn sends out these energy patterns like a telegraph to the world. The energy then draws to it, like a magnet, certain life situations (e.g., relationships, jobs, etc.) that reflect the same type of energy patterns that our chí is sending out.

By learning to detect how the chí flows through and around your house, you can then locate the areas where energy is blocked, stagnant, oppressive, or flowing too strongly. Bringing things back into order may be as simple as placing a jade plant in your wealth corner, adding extra light to a room, perhaps a splash of color on a wall. By learning how to work with the energy in your home, you can ultimately shape and alter the many different situations in your life.

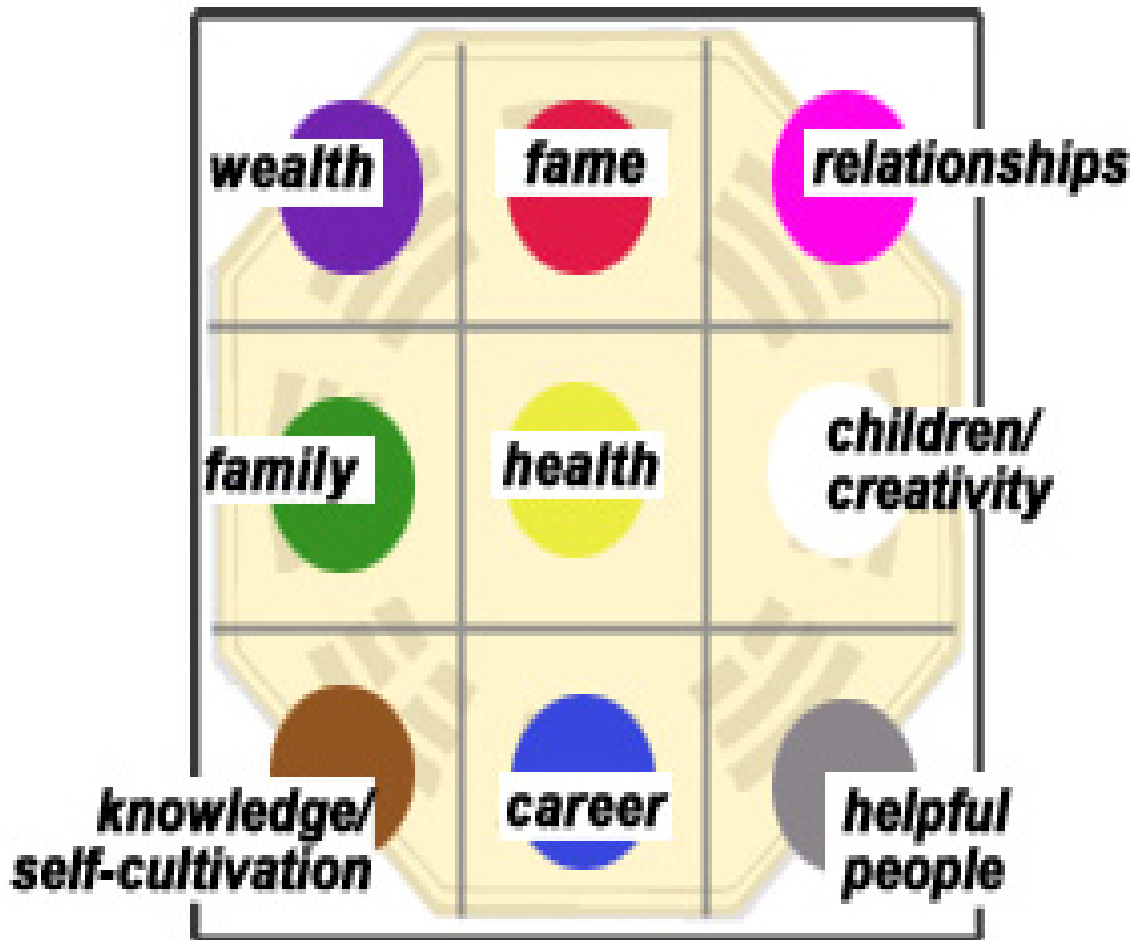
**Remember, it is important to determine what your main goal is and apply one cure at a time.** If you go into a room and take everything out, paint the walls, replace the carpet and put in brand new everything, you could end up with a bigger problem than you started with. Keep this simple and be patient. Feng Shui is not a quick fix, but I guarantee that if you carefully follow the steps outlined in this e-book, you will experience positive results.



**Feng Shui Tip of the Day:** To cultivate good luck, place fresh flowers in the bedroom, study, and kitchen.

## Working with the Bagua Map

In Feng Shui we use the bagua map (bagh wah) to determine the influence of the directions. It is an eight-sided figure, surrounding a central area with each side symbolizing a direction and an area of life such as family, health, children, love, friendship, travel, business and wealth. For practical use, we extend the corners to form a square, then divide it into nine equal sections.



For most people, learning how to properly apply the Bagua Map is the biggest challenge in understanding this ancient art. Once they mastered the bagua, everything else began to fall into place. I encourage you to take some time and understand how to use the bagua before applying any cures. Applying Feng Shui in a haphazard manner can bring about unwanted problems. It is very important that you learn how to properly use this tool.

The practice/philosophy of using the bagua is based on the idea that when the space is a regular space, the eight sides of the Bagua Map are easily contained within the space. The eight sides of the bagua cannot all fit into an odd or irregular shape, like a triangle, L-shape or U-shape. If the space is not perfectly square or rectangular (and most places are not), there might be some parts of the bagua that are missing entirely, while other parts of the building or room may dangle outside the bagua shape.

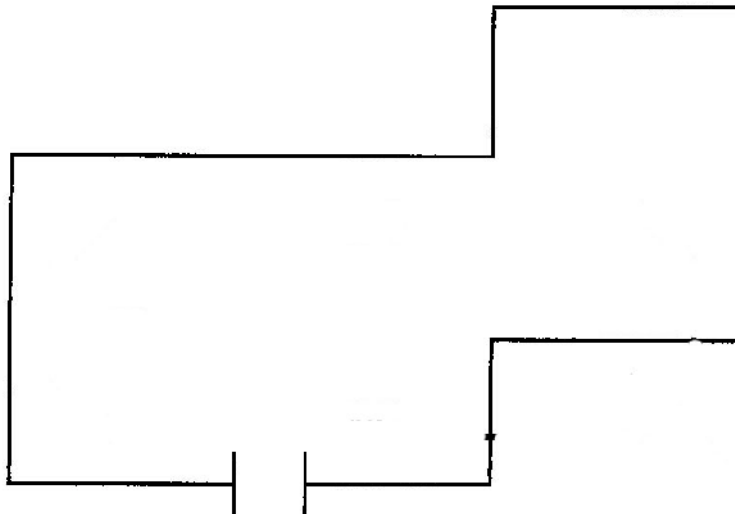
## Steps in Using the Bagua Map

Every space has a bagua. There is a bagua for your plot of land, your house or apartment and each room within your home. You can even apply the bagua to your desk or bed!

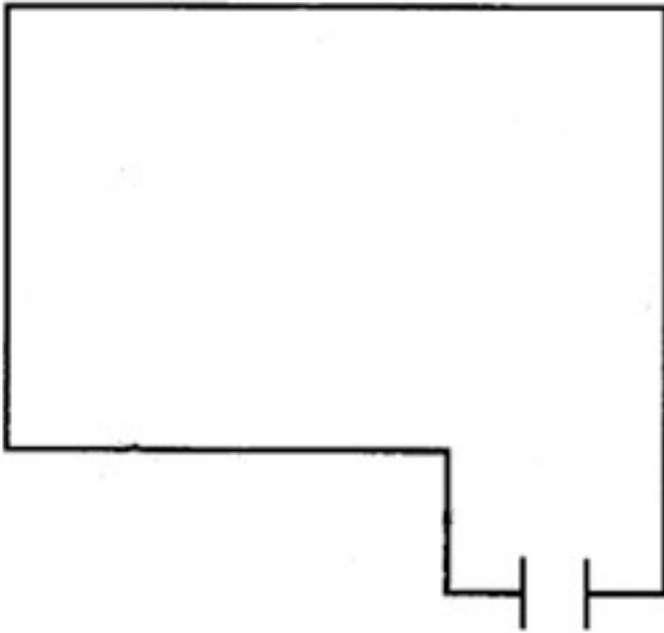
Let's begin by breaking this down into easy steps.

**STEP ONE:** Draw a floor plan of your home. Below are a few samples of typical floor plans:

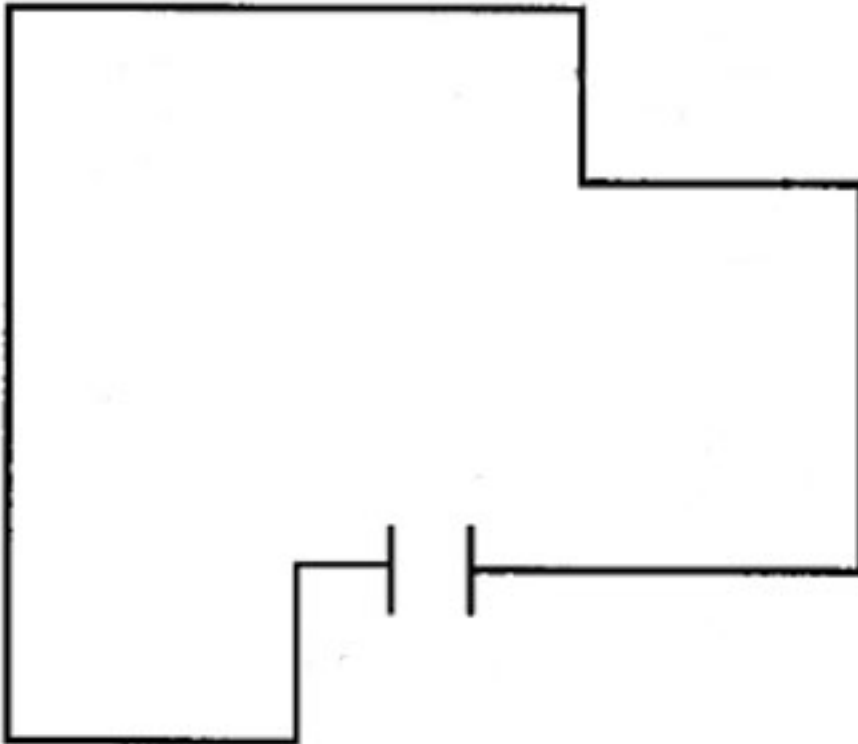
### EXAMPLE #1:



## EXAMPLE #2

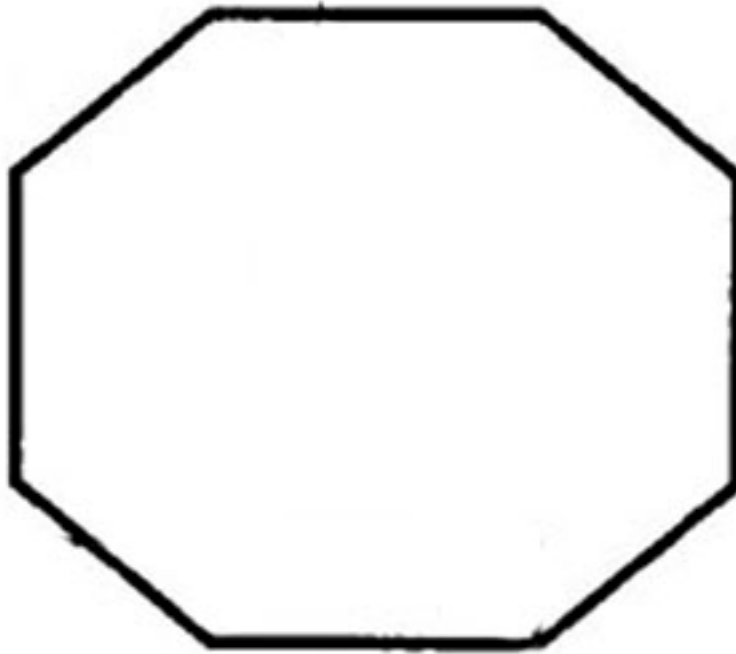


## EXAMPLE #3



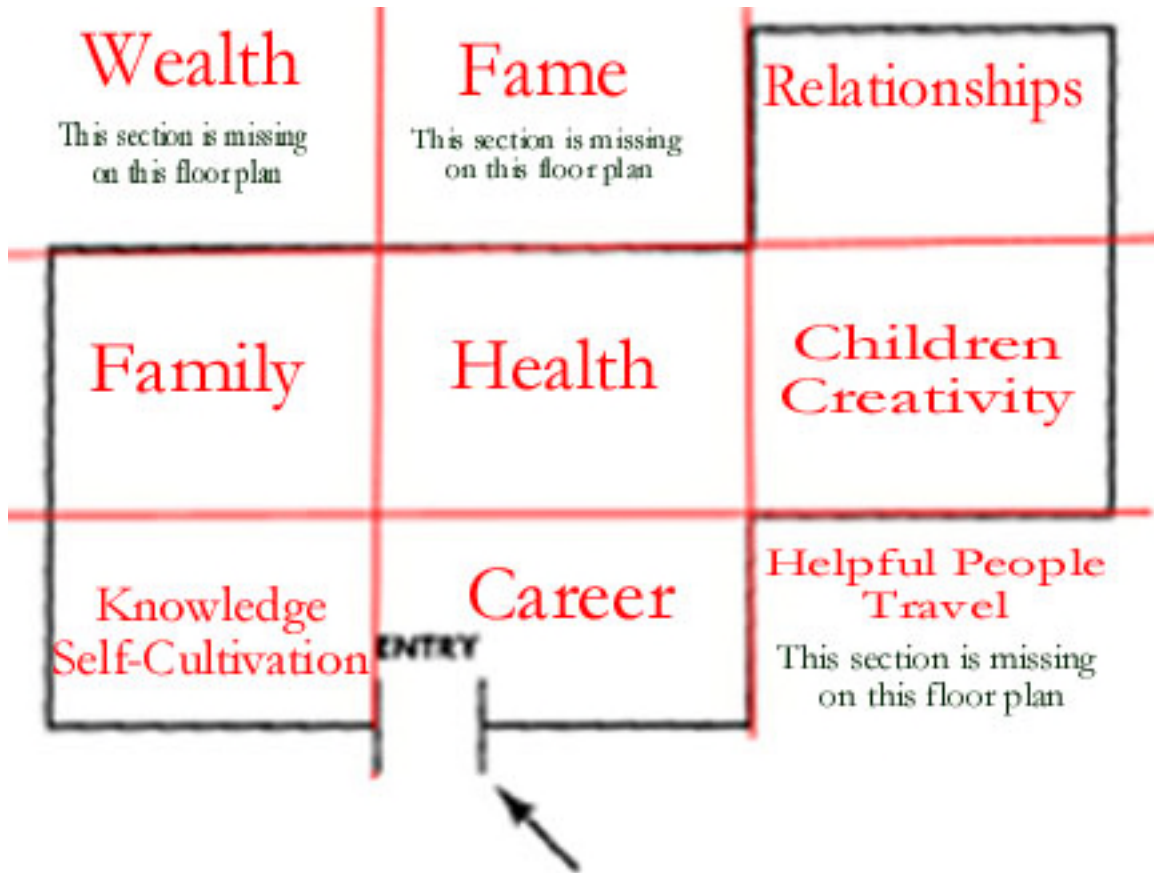
**STEP TWO:** Draw a Bagua Map using the same scale as your floor plan.

This is what a bagua map looks like before it is stretched or shrunk.



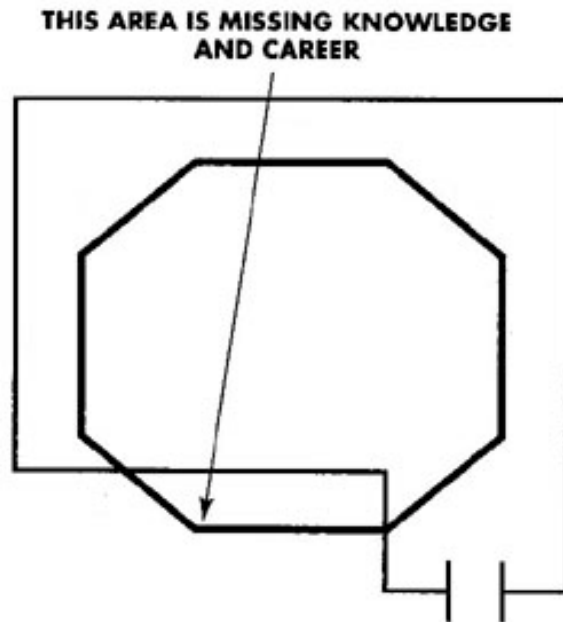


**STEP THREE:** Place the Bagua map over your floor plan so it fits as much as possible inside the room, with its direction matching the wall that holds the entry door. The bagua must align with the entry door.



In the example above, the floor plan is outlined in black and the nine guas are in red. As you can see, some areas are completely missing. You'll learn how to “pull” these areas in using Feng Shui balancing tools, as you proceed through the book.

Here are two more examples where the floor plan has missing areas. As you can see, the bagua map has been placed on top of the floor plan:



If the space is not exactly square or rectangular, some areas of the space and the bagua will not overlap. These will need to be "pulled in" to the space with mirrors or by adding accessories from the area that is dangling or missing. The bagua easily fits within rooms or buildings that are square or rectangular. Odd shapes, L-shapes, U-shapes, T-shapes, or other variations cannot include all eight sides of the bagua within the space.

## In Summary

To determine where the nine guas are located in your home, begin by drawing a floor plan of your home. Next, draw a Bagua Map using the same scale as your floor plan. Finally, place the Bagua Map over the floor plan, always aligning the bottom of the bagua map with the main entry door.

### If you reside in a home or apartment that has more than one floor, the following applies:

The bagua for each floor above or below the main floor is aligned to where you enter that level from the top (for higher floors) or bottom (for lower floors) of the stairs. Sometimes there will be a wall directly in front of you at the top or bottom of the stairs and you will need to turn to the right or left before you are facing into the space.

Whether you are analyzing a lot with a building on it, or a single room in a building, just imagine there are nine different sections within each space, each with its own energy field. Each energy field represents a distinct and separate activity of life.

If you find yourself becoming frustrated or confused, private Feng Shui Consultations with Kathy Browning are available at <http://bluemoondesigns0.tripod.com/fengshuiforabundantliving/consultations.html>. Prices start as low as \$15.00 for a 15-minute consultation.

## INDIVIDUAL GUAS

When referring to just one section of the Bagua map, the term *gua* (pronounced gwah) is used. There are nine main *guas* in Feng Shui that correspond to various components of your life. You might find it helpful to use colored pencils to highlight your bagua map. Make note of what is currently residing in each area of your room. As you continue to read, you will learn which cure to apply to achieve the result you are seeking.

1. **CAREER:** This section of the Bagua map is located directly in the center of the bottom of the chart and provides the foundation energy that stabilizes the rest of the *guas*. Its Chinese name is ‘K’AN’ and it oversees all matters concerning one’s career, hobbies, or skills. This section generates the *chí* force that fuels the issues regarding the type of work you do or the type you aspire to do. Work related issues such as being hired or receiving a raise are created in this *gua*. This *gua* represents the *middle* son in the family and the *ears* on the body. It is ruled by the element of *water*, and corresponds to the color *black*.
2. **HELPFUL PEOPLE/TRAVEL:** This section is located on the lower-right side of the Bagua and it oversees two main categories in your life. Its Chinese name is ‘CH’IEN’. This area holds the energy that attracts helpful people in your life. *Helpful People* refers to all people we come in contact with and direct us along life’s path. They can include friends and family, teachers, counselors, co-workers and anyone who helps us through a difficult situation. Helpful people often show up quietly, without a familiar name or face. They may appear to you as the person who patiently takes the time to give you directions, or conveniently pulls out of a front row parking space. This area also represents our ability to magnetize opportunities and to be a “helpful person” to others. Remember, in Feng Shui everything is yin or yang – balanced. Additionally, this area rules *Travel* and all aspects and opportunities related to travel (business or personal) are generated from here. This *gua* represents the *father* and the *head*. It is ruled by the element of *metal*, and corresponds to the color *gray*.
3. **CHILDREN/CREATIVITY:** Located in the middle on the right side of the Bagua, this represents the future and all life-affirming things that we create. Its Chinese name is ‘TUI’, and it represents all your descendants. This includes your children or the children you plan to have. Any issues regarding infertility can be addressed here. This area also oversees all issues of creativity, including new thoughts and ideas, artistic endeavors, writing and inspiration. This *gua* represents the *youngest daughter* and oversees all issues related to the *mouth* and *teeth*. It is ruled by the element of *metal*, and corresponds to the color *white*.

4. **MARRIAGE/RELATIONSHIPS:** You will find this area located on the upper-right corner of the map. Its Chinese name is 'K'UN' and it represents the marriage/relationship chí in your life and your ability to attract a successful, loving partnership. This area manages the energy flow for all types of relationships including dating or living together. Individuals who prefer not to be in a relationship still utilize this gua as an area that represents their relationship with their friends. This gua represents the *mother* in the family and oversees all issues related to the *organs* of the body. It is ruled by the element of *Earth* and corresponds to the color of *pink*.
5. **FAME:** The Fame area is located in the center of the top section on the Bagua. Its Chinese name is 'LI' and it represents who you want to be known as or what you would like to accomplish. This gua represents the *middle daughter* in the family and oversees all issues relating to the *eyes*. It is ruled by the element of *fire* and corresponds to the color *red*.
6. **WEALTH:** You can locate the Wealth area in the upper-left corner of the map. Its Chinese name is 'SUN', and it generates the chí that attracts money energy. It oversees finances and all things that we perceive as wealth. Unfortunately, wealth is often associated with greed, excess and luck, but the gua can help to remind us that it is simply another energy force. Having the amount of money you want or need should not be seen as a luxury, but as a birthright that we are all entitled to. This is a great area to store your valuables: piggy banks, stocks, coins, stamps. Symbols of wealth work just as well. This gua represents the *eldest daughter*, and oversees the *hip* area and our bone structure. This gua does not have a ruling element, but it does have a corresponding color of *purple*.
7. **FAMILY:** This section is located directly in the middle on the left side of the Bagua. Its Chinese name is 'CHÊN', and it oversees all issues related to your descendants and the history connected to the many generations of your family lineage. This area also includes support groups, religious congregations and your circle of friends. It represents the cohesive energy of your family and co-workers. Because it represents the past, all family secrets and childhood issues are stored here. This gua represents the *eldest son* and oversees all issues relating to the *feet*. It is ruled by the element of *wood* and corresponds to the color of *green*.
8. **KNOWLEDGE/SPIRITUALITY:** This area is located on the bottom-left corner of the map. Its Chinese name is 'K'ÊN', and it oversees all types of self-knowledge and the ways that we are able to enrich our understanding of who we are. This area generates the energy that brings us opportunities and lessons for spiritual growth. It oversees all areas of spirituality and when used for practices such as yoga, meditation, self-reflection, and prayer, it can become a very powerful healing area in your home. This area helps us open up and develop our intuition and supports all aspects of educational pursuits. This gua represents the *youngest son* and oversees all issues relating to the *hands*. There is no ruling element, but it does correspond to the color *blue*.

9. **CENTER:** The center of the Bagua connects all eight sections and is represented by the yin-yang symbol. Its Chinese name is 'MING TANG' and it oversees all the other issues and life situations that are not represented in the eight other guas. For instance, *health*-related issues can be addressed and reinforced in this section. Health, from a Feng Shui perspective, is not seen as something that can be easily adjusted in just one gua. Good health is a result of all the areas in your life and home being in balance. This center space oversees all other family members and areas of the body that are not addressed in the other eight guas. Its ruling element is *Earth* and it corresponds mainly to the color *yellow*.

**Feng Shui Tip of the Day:** Always use soft, even lighting in the dining room as well as soft colors such as shades of green or yellow.

## Understanding the Five Elements

Do you have a special place where you go to unwind, relax, and let go of everyday worries and concerns? What if I told you that you could create this magical space wherever you go? Would you be willing to learn a way to do this? If you answered yes, then you are ready to learn about the *Five Elements*.

Five of the guas correspond with one of the five elements – Wood, Fire, Earth, Metal and Water. To encourage activity in any area of life, determine the gua that suits your need and use accessories that enhance the life area that the gua represents. For example, if you want to achieve Fame, place Fire objects (i.e.; fireplace, candles) in the “Fame” gua of your home and/or office. You can also use objects similar to the quality you want to attract. In this case, a picture of your self, diplomas, awards, or other trophies could enhance the fame area. You could also include photos of the individuals you aspire to be like. For instance, I have photos of Oprah and Sir Richard Branson in my Fame area.

If you want to enhance your “Wealth” gua (located in the far (back) left corner of your home, office, or individual room), place money objects, plants with coin-shaped leaves, photos/postcards of money or a jewelry box.

The Five Elements represent everything in the visible and invisible universe. In nature, we see the five elements in their natural forms. Trees and flowers represent *Wood*, the sun represents *Fire* and so on. In the realm of human made objects, the elements are represented by colors, shapes and directions. What this means is that we can re-create nature indoors, using colors, shapes and every day materials.

Each element can help shift your personal energy and/or the energy of your space. When you understand the relationships between the five elements and how they affect you, it will become much easier to harness the energy and direct it toward your best interests.

The following is a brief description of each of the Five Elements and how they might be applied.



### The Wood Element

Wood is the originator of the Five Element cycle and represents the beginning of new life. Many people mistakenly use furniture as a Feng Shui solution. The problem with wood furniture is that it is lifeless. **To harness the energy of wood, you must use wood that is alive.** A shrub or bushy plant is ideal as it emits live chí and is also an excellent method of retaining chí. Plants recycle the air we breathe and provide a natural air filtration system.



A common Feng Shui problem is the staircase that empties into a doorway. A bushy plant can retain some of that *chí*, when it is placed either on the landing, or more ideally, at the bottom of the staircase.

Remember that the key here is ‘living’ wood. Keep plants healthy and alive. A dead plant holds no *chí* and is actually *Shar Chí* (negative energy). If living plants are not an option for you, use silk plants, but never use plastic plants.

Wood can be represented by the color **green**. When it comes to the Wood element, it is best to use living plants, shrubs, bushes, flowers or grass, as colors are not nearly as effective as the actual element.

**When there is not enough Wood in the environment, there’s nothing to believe in.** You might become fearful and anxious, not only of change but also of commitment. With no strong opinions, you might get along with others for a while but end up with an inability to speak out or stand up for yourself. If there is not enough Wood, it is a simple matter to add flowers, plants, bonsai trees, aquatic plants in a bowl of water, or pictures of plants.



## The Fire Element

The Fire Element is the most ‘yang’ of the elements. It is represented by the sun at its zenith – the middle of the day when the sun is high, hot and bright. In Feng Shui, we usually use a candle or the color of red. Being that fire is so yang, this is one example where color does work well. For instance, a red night light or table lamp with a red shade, make excellent fire remedies.

Fire is the element of understanding, courtesy, and ceremony. A fire-dominated individual is usually reasonable and able to communicate feelings appropriately. This person holds no grudge and has compassion for others. When there is an imbalance in fire, however, it can manifest as an inability to project oneself forward with passion or spirit. A person working in a kitchen or other hot, enclosed space, or someone living in the desert or in the shadow of a triangular shaped mountain, can manifest extremes of emotion – from passive and lifeless to manic and overactive.

With lack of Fire, we suffer from stiff joints, dry skin, bad eyes, and poor circulation. We may be tired and lack passion or feel panic, anxiety and fear about the future. If your environment needs Fire, build a fire in the fireplace, light candles or incense, place red flowers on the desk or nightstand in your bedroom. If you feel you need Fire in your life, go outside during the day and breathe in the light of the sun. This is an easy way to increase your internal fire.

Too much Fire can manifest as a volatile, critical, loud, and obnoxious individual who angrily incites disputes and arguments. If you want to reduce Fire, add ceramic pots, clay tiles, and other earthy substances or colors. Additionally you can use water in its many forms – fountains, bowls of water, glass items, or pictures of oceans and lakes. If you feel you have too much Fire, go outside during the evening and breathe in the light of the moon. Breathing outside at night is a sure way to calm down. This is an old folk remedy.



## The Earth Element

The energy of the Earth is reliable, dependable, calm and centering. The planet Saturn rules Earth and is represented by solidity and security. The color associated with Earth is yellow, probably derived from the yellow soil of China.

All the materials that come from the earth – clay, bricks, concrete, ceramic tile, marble, sand and rocks – are associated with Earth. The shapes that represent the Earth element are square, box-like, or flat. Remember the story of the *Three Little Pigs*? The first one built his house of straw, the second out of wood, and the third built his house of bricks. Of course, the house of bricks lasted the longest. If you want to have a solid and reliable house, live in an Earth-type house.

Earth is represented by sympathy, trust, integrity and a well-balanced person who is reliable and sincere. The person with too little Earth will disappear when the check arrives. The person with too much Earth will offer to pick up the check, but will have to borrow money from others to do it. The individual with balanced Earth will divide the check into who ate what.

Residing in a tall building or living underground may cause an imbalance in Earth. **With too much Earth, we may have difficulty attracting money or resources.** To create a more balanced environment, add any kind of *Metal*, such as silver, brass, copper, mirrored or reflective surfaces, or the color white. The addition of plants or the color green also reduces Earth imbalances.

**If you feel lethargic or off-balance or suffer from low self-esteem, lack of direction, or an inability to set goals, there may be too little Earth in your environment.** Add *Earth* elements in the way of sand and rock gardens, bonsai trees in ceramic bowls, rocks, stone jars, pottery, marble, statuary, or earthly colors of gold, orange or yellow. Fire increases Earth, so add pottery oil lamps, incense, candles or the color red.

Remember that the element Earth is calm and stable. Without it, we drift. With it, we are able to stand tall. Who could ask for anything better?



## The Metal Element

Metal is the element of Fall and represents letting go, withdrawal and reversal. When you hold on to the past, there might be an excess of Metal.

**Symptoms of excessive Metal include constipation, inhibition, or breathing disorders.** In acupuncture, Metal is associated with the lungs. Trouble accepting reality manifests as stiff joints and poor circulation. There may be an emphasis on money and the material world.

**When there is an excess of Metal,** add fire remedies such as candles, incense, a red porcelain vase, gold or brass candle holders. Another way to reduce Metal is to add *Water* in the form of water gardens, fountains, bowls of water, or a glass water dispenser. You can also add the *Earth* element in the form of sand, rocks, or tile to create a more balanced environment.

Metal represents morals, ethics, righteousness, and precise thinking. Individuals ruled by Metal are able to communicate well and can speak up or be silent when appropriate. There is precise thinking as well as new thoughts and ideas.

**Too little Metal makes a person quiet, cautious, and careful.** This person can be as difficult to get along with as one with too much Metal and might be talkative, righteous, overly enthusiastic, and unthinking in speech and behavior. Emotional grief is a symptom of a Metal imbalance. There may be an inability to organize thoughts and resources; objects may be lost due to scattered attention and lack of focus.

**To add Metal** to any environment use the colors white, gray, or black-and-white patterns. Silver trays, metal cookware, brass pots, gold jewelry, wrought-iron railings, steel furniture, metal sculptures and anything made of any kind of metal can be used. Real or fake money, gold coins, or medals can be placed strategically to attract more resources.

**Metal enables us to focus and concentrate.** If you want to emphasize Metal in your life, wear a metal ring on the finger that represents the activity you desire. Place the ring on your left hand if you are male, the right hand if you are female:

<b>Thumb:</b>	<b>Personal Power</b>
<b>Index Finger:</b>	<b>Scholarly Success</b>
<b>Middle Finger:</b>	<b>Stability</b>
<b>Ring Finger:</b>	<b>Love</b>
<b>Small Finger:</b>	<b>Creativity</b>

The key to remember about Feng Shui Elements is it is about creating a beautiful environment. **When utilizing the Metal Element**, ensure that it is rounded and pleasing, not sharp and pointed. Items should blend into the environment, be beautiful and include the colors of white, silver or gold.



## The Water Element

Water is what gives life on our planet. Without it, we would not exist. In Feng Shui, water is a very useful element. Water should be clear and flowing, as stagnant water can create more problems than it solves.

The Water element is represented by communication, the transmission of ideas, wisdom, and social interaction. If there is an imbalance in water, the individual may be lonely and isolated, forgetful, infertile, or impotent. He or she may suffer from rigid joints, dull vision, lack of clarity, insomnia, disturbed dreams, or feelings of inferiority.

When there is too much active Water, the individual is like an ocean – unconfined, overwhelmed, and overpowering. When there is too little moving water, an individual is like water dripping off rocks, or like a fountain that bubbles constantly, yet goes nowhere. Water rules social interaction and if you want to activate the *Water* element in your life to be more popular, call someone you haven't talked to in six months or make a point to introduce yourself to one new person every time you go out. Make no complaints or requests. This is a simple and cost-free cure and one that works.

An imbalance in Water often coincides with confused thinking. For clarity, place a bowl of clean water next to your bed at night. Visualize your mind being as clear as the water. In the morning, replace the water. Do this until you have attained the clarity you desire.

The addition of clean water can improve any environment. It is quite simple to add the Water element to any environment by placing bowls of clean water, fountains, water coolers, or glass objects such as vases and jars. Adding any kind of object or color from the *Metal* category encourages the Water to be more present. Water can also be represented by the colors blue or black.

You should always use Feng Shui Elements wisely. Used incorrectly, the Feng Shui Elements can cause harm to relationships, health or money prosperity. If you are ever unsure, it is recommended to contact a [qualified Feng Shui consultant](#)<sup>1</sup>.

## The Five Elements Chart:

Individual Gua	Influenced By	Enhancement Color
Health	Wood	Green
Money	N/A	Purple, Green, Red
Fame	Fire	Red
Relationships	N/A	Red, Pink, White
Family	Wood	Green
Travel/Helpful People	N/A	Gray, White, Black
Career	Water	Black/Blue
Knowledge	N/A	Black, Blue, Green
Children/Creativity	Metal	White, Silver, Gold

**WOOD:** Corresponds to the Family gua.

**Promotes:** New projects, career, quick starts, activity, being busy, ambition, concentration and initiative.

**Helpful For:** Young people, rebuilding a career, lack of confidence, lack of drive, needing a new start, lethargy.

**Works Against:** Romance, relaxation, patience, stability, security, contentment, slowing down.

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<sup>1</sup> [www.NikkeaBDevida.com](http://www.NikkeaBDevida.com)

**FIRE:** Corresponds to the Fame gua.

**Promotes:** Passion, expression, fame, parties, mental stimulation, new ideas, sociability, spontaneity.

**Helpful For:** Adults, inability to meet people, feeling of life passing you by, lack of inspiration, isolation, shyness.

**Works Against:** Relaxation, concentration, attention to detail, objective thinking, emotional stability, calm relationships.

**EARTH:** Corresponds to the Health gua.

**Promotes:** Stability, steady progress, security, caring, family harmony, nurturing, motherhood, home, caution, methodical thinking.

**Helpful For:** Early middle age, starting a family, family quarrels, being too impulsive, taking too many risks.

**Works Against:** Quick-thinking, ambition, dynamism, spontaneity, new career, new business.

**METAL:** Corresponds to the Children/Creativity gua.

**Promotes:** Planning ahead, finances, leadership, organization, finishing things, business, budgeting.

**Helpful For:** Later middle age, being disorganized, inability to plan ahead, lack of control, lack of self-discipline, inability to finish things.

**Works Against:** Dynamism, expression, showing feelings, being outgoing, starting projects.

**WATER:** Corresponds to the Career gua.

**Promotes:** Inner development, tranquility, spirituality, sexual activity, sleep, independence, objective thinking, being affectionate, conception.

**Helpful For:** Elderly people, stress, insomnia, convalescence, ill-health, sexual problems.

**Works Against:** Activity, expression, passion, business.

Have fun with this and see how creative you can be in placing your furniture, artwork, office equipment, and so on using the Bagua Map and the Five Elements. Use your ingenuity. Don't run to the store; use what you already have to activate the guas that will help you get what you want.

**Feng Shui Tip of the Day:** If there is a bathroom located in your *Wealth* or *Relationship* Gua, this is a symbolic drain of wealth and happiness. A Feng Shui cure is to place a large mirror on the outside of the bathroom door. This cure symbolically “pushes” the bathroom outside of the Gua. Make sure the mirror is large enough to view your entire face, or if a full length mirror, your entire body. However, if the bathroom connects to your bedroom, hang a large faceted crystal above the door, as mirrors should not be used in the bedroom.

## The Three Sources of Power

In our homes there are three sources of good energy – fresh air, warmth and light. How we deal with these powerful sources and thereby stimulate the flow of ch'í energy in our environment is totally up to us. This chapter will assist you to harness these three sources and use them to your benefit.

**Fresh Air** ~ Without air, we simply would not exist. Air provides us with oxygen, which allows us to breathe. If there is too little oxygen in a room, the air feels sticky, musty, and stale. It is our natural instinct to open the doors and windows to obtain “fresh” air.

In every home there are two areas where smells can infiltrate the entire home – the kitchen and the bathroom. Smokers put an abrupt halt to fresh air and some hobby rooms, where people solder, paint, varnish, and glue, are enveloped in acrid air.

Human scents can also weaken the air. Offices are often bogged down by the scents of various hairsprays, gels, colognes, perfumes, and dry cleaned clothing worn by the employees. Diseases also have their own smells and cause the air to become heavy and stagnant.

There are numerous causes for the air losing its freshness, and airing on a regular basis is the simplest solution. However, certain rooms need extra help.

Some bathrooms contain an entire family's dirty laundry. A simple remedy for this is to place a few drops of [pure essential oil](#)<sup>1</sup> onto a fragrance stone and place it on top of the clothes bin or on a shelf near the clothes bin. Fragrance stones can be made from any porous stone. Use caution with pure essential oils. Most should never be applied directly to the skin and a few (2-4) drops are all that are necessary. *Cinnamon, Peppermint, Orange* and *Lavender* are good choices.

Always use the ventilation fan when cooking in the kitchen. This draws the smells out of the area and helps to circulate the air. It's a good idea to use a fragrance stone, aromatherapy diffuser, or potpourri in the kitchen for “scent cleansing”. Never leave greasy, smelly pots and pans in the kitchen sink overnight. It is not a good way to begin your morning, as it is symbolic of an incomplete task. If you don't tend to it before you go to the office, it will remain in the back of your mind throughout the day and cause you to be distracted.

Additionally, take out the trash after the evening meal. Much of what we throw away has “smelly” qualities and can create a not-so-pleasant aroma the next day. Always keep a lid on garbage containers.

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<sup>1</sup> [www.ProductsForLivingWell.com](http://www.ProductsForLivingWell.com)

**Warmth** ~ Each of us has a personal temperature sensor that lets us know whether we feel comfortable or not. Many people are very uncomfortable when the temperature falls below 73°F. They shiver and reach for the nearest blanket. Others wear T-shirts, shorts and sandals at 32°F. When we heat our homes, we generally have some control over how warm we would like to have it.

Temperatures slightly cooler than in the living areas are ideal for healthy sleep, but there shouldn't be a breeze hitting you in the face when you enter the bedroom. A pleasant and cozy warmth is necessary in the living room, where you would like to relax. The activities that take place in a workroom, will be the deciding factor for temperature control.

The most perfect source of heat is from a visible fire. The location of a tiled stove, or a fireplace should be as central as possible so that the warmth of the fire can radiate in all directions like a shining sun. If your fireplace is intended as a decoration, it is still important to use it on a regular basis during the cold season. A fireplace or oven that does not burn is a symbol of "extinguished" fire.

**Light** ~ Light is probably the most interesting source of good energy because we have enormous potential to optimize it. Since light plays a major role in Feng Shui, here are a few tips:

**Light in the Kitchen** ~ There are many benefits to having good light in the kitchen. We prepare our food there and the amount of light determines how well we can see what we do. However, the quality of the light can also contribute a great deal toward how we "experience" the food and how we ultimately treat it. Think about it for a moment...

If you are working in a poorly lit kitchen, it is challenging to see the beautiful colors and quality of the food. The most vibrant colored meal will appear to be dull in poor lighting. What affect does that have on your mood? On the other hand, if the fruit, meat, or vegetables are glowing in a well-lit environment, they appear to smile at us and are proud to show-off. Wouldn't you rather eat a meal that looks happy instead of a meal that looks sad?

Working in a well-lit kitchen promotes healthy eating habits. It allows you to enjoy being in the kitchen, creates a positive eating environment, and therefore makes a valuable contribution to your health and increases your sense of well-being. In a poorly lit kitchen, the meals are unappetizing; we cook less, and then eat quickly and without much enjoyment. Who would have thought lighting could make such a difference to our health?

**Light in the Bathroom** ~ Have you ever used a bathroom in a rest area or train station? It probably left an impression on you, but I doubt that it was positive. These facilities usually have a bluish-cold lighting that causes us to keep our visit as short as possible. On the other hand, if you have ever had the opportunity to use the restroom in a luxury hotel, the experience was, more than likely, the complete opposite. Chances are good that you felt refreshed by the golden light and golden tones of the mirror there.



Gold tone mirrors may not allow us to see things as clearly, but the light flatters our skin and surrounds us with a shimmer of warmth and a touch of elegance. The choice of lighting we use in our homes can determine how much we enjoy our visit to the bathroom. Use warm lighting and gold tone mirrors to create an environment of relaxation, warmth, and elegance.

**Light in the Corridor/Hallway** ~ In some floor plans, the hallway runs through the middle of the home or apartment and subdivides the remaining areas into different rooms. Hall lighting fixtures are usually sad creations without any illuminating power or esthetics.

The center of any home corresponds to health, so hall lighting should be of the utmost importance. The light in the middle of the home has the function of a sun that wants to send power into all the adjoining rooms. The more radiant the sun, the greater the energy will be. Select a hall light that is bright and reminiscent of the sun at high noon.

**Light in the Living Areas** ~ You *must* experience a sense of well-being in the living areas. This is the primary basic rule. The light must correspond with the needs that you want in each respective room: quality lighting for watching TV, good and bright light for reading, and warm light for snuggling. However, the light should not be blinding. If you like halogen lamps, be sure to direct them so that no one is “blinded” when looking at them. Hanging lamps with bulbs that are not covered by lamp shades can also be changed and refined through the proper choice of a bulb.

**Dead Corners** ~ Every home has a “dead corner” somewhere. These are areas in which dust likes to collect. The energy cannot circulate freely in a corner and this area usually becomes limp. A standard lamp will work well in these areas, but using a crystal lamp is ideal. Add a few plants and a limp corner can be transformed into a comfortable retreat.

**Treasures, Pictures, and Decorative Objects** ~ Most of us have a few treasures and decorative items in our homes. Quite frequently, these precious things simply gather dust and their auras become weaker and weaker. You can use track lighting to showcase your treasures or create a space in a bookcase for a decorative object. When you additionally illuminate the object, you are activating the energy of joy. There are special lamps to install above the frames of pictures. Some rooms are completely transformed just by illuminating the pictures on the wall.

**Feng Shui Tip of the Day:** For insight, place books where you will see them as you enter your home.

## The Three Secret Reinforcement

The *Three Secret Reinforcement* is one of the most important teachings in the Black Hat Sect School of Feng Shui. It combines three very important concepts: *The Body Secret*, *The Speech Secret*, and *the Mind Secret*, which when performed together can raise the effectiveness of any blessing or cure.

Each time you place a feng shui cure, use the *Three Secret Reinforcement* to further enhance your results. I'll be honest with you, this part was a little confusing and a little uncomfortable for me at first, however I soon discovered that I was rewarded much more abundantly when I incorporated the Three Secrets. It's worth the extra effort!

**The Body Secret** ~ This “secret” is in the form of a “hand mudra”, or “body gesture.” A mudra is a hand or body gesture that relies on the body to convey an unspoken message. Common mudras that we use frequently include a handshake, opening our arms to receive a hug, a wink to signal agreement.

In the Black Hat Sect School, a variety of mudras are used to convey a specific spiritual objective. Each mudra is used to emphasize a different intention.

*Mind-Calming Mudra*



This mudra is usually accompanied by the “*Speech Secret Mantra*,” – Heart Sutra, and is used to calm the mind and the heart, bringing serenity and balance back to a situation quickly. Place the left hand over the right with thumbs together.

### *Ousting Mudra*



This mudra is usually accompanied by the “*Speech Secret Mantra*,” and is used to rid oneself or one’s home or office of unwanted issues, bad luck and obstacles. Use thumbs to “flick out” the two middle fingers. Women should use right hand and men should use left hand.

**The Speech Secret** ~ The Speech Secret is reciting a group of words that convey a certain intention or request. When said repeatedly through the power of the *Speech Secret*, they are called mantras. Words are very powerful, for they invoke feelings, convey messages and can heal or wound. Each mantra that is used in Black Hat Feng Shui emphasizes a different intention or objective. There are many different mantras used in Feng Shui, but the two most common are listed below.

These mantras are used in combination with the mudras above. Mantras are repeated nine times each or in multiples of nine, such as eighteen, twenty-seven, or thirty-six.

### *The Heart Sutra: Mind-Calming Mantra*

GATÈ GATÈ BORO GATÈ BORO SUN GATÈ BODHI SO PO HE  
(Gatè is pronounced Gatay)

This mantra is usually accompanied by the *Mind-Calming Mudra* (Body Secret). Loosely translated it means – for our prayers, wishes, or intentions to be heard and granted quickly.

### *The Six Words Mantra*

OM MA NI PAD ME HUM

This mantra is the most common and can be used with the *Ousting Mudra* (Body Secret). Loosely translated it means, “I bow to the jewel in the lotus blossom” or “I see the God within you and acknowledge and bow to that light.”

**The Mind Secret** ~ This secret is in the form of how we think and use the power of conscious intentions. It is the part of the *Three Secret Reinforcement* where you visualize the outcome of your prayers, requests, and wishes. As you position your hands in a mudra position and recite a mantra nine times, you should also **visualize, in nine steps** the positive results you desire to achieve. For instance, if you wanted to change your job, you could visualize:

1. looking in the classifieds
2. contacting the companies
3. scheduling the interview
4. meeting the interviewer and shaking hands
5. being hired on the spot
6. turning in your two week notice at the job you dislike
7. happily toasting to your new job with friends and family
8. your first day at the new job, with your own office
9. receiving your first paycheck, which is double your current salary

There really is no “exact way” to do this part of the visualization. Just trust your instincts and visually create nine segments of what you want to manifest. It may be confusing to do all three steps in the beginning. Take your time and relax.

Do the mudra (Body Secret) and the mantra (Speech Secret) together nine times, then, while your hands are still in a mudra, do the nine-part creative visualization. With practice you will be able to do them all at once. The more often you do the mudras and mantras, the stronger your personal chí will become and the more spiritual power you will have to help others and yourself make positive changes.

If you combine sincerity, along with your willingness to change, things will manifest themselves quickly and appropriately.

## Feng Shui of a Home's Exterior

Whether you are looking for a new home or just want to make the best of where you are, Feng Shui can help you find or create a home that is in harmony with the environment, and one in which the flow of chí is abundant and healthy.

The name of the street is important because it sets the tonal vibration for the house. Every time you say or write your address, you set this vibration in motion.

As you approach a property, analyze the flow of chí by considering the condition and configuration of the streets, driveways, and walkways that lead to it. Let's take a look at problematic streets:

**Narrow Streets** ~ Driving or walking along congested or narrow streets suggests a pathway to narrow lives with limited potential or resources. If this is the type of road to your home or office and there is no other road to take, you need to develop an attitude that interprets "narrow" as "focus" rather than to complain about something you can do nothing about.

**Flat, Featureless Street** ~ A flat, featureless road produces a feeling of desolation and death. Traveling to work on such a road might leave you feeling uninspired; going home on such a road could be a depressing prospect. As you travel along such a road, don't focus on the details but rather look as far as you can see, beyond the road, traffic, and buildings. Make sure the landscaping and exterior features of your house offer you a welcome sight.

**Split or Fork in the Road** ~ If your home is located near a split or fork in the road, it can benefit from the energy that flows along both streets. There can be internal conflicts, however, if one family member wants to go one way and another doesn't agree. If there is a split or fork in the entry of the home, there may be arguments among the people who inhabit the house. Try to connect the fork by painting red marks between the split. You can use red stone, tile, paint, chalk, or even nail polish to indicate the connecting marks. The size of the marks is not important.

**Straight Streets** ~ If your house is at the end of a straight road, erect a barrier in the form of trees or a fence between the house and the street, or install a bubbling fountain in front of the entrance. The bubbling water can act as a filter - a kind of "speed bump" - for the energy coming toward the house. Or hang a mirror near the entry, reflective side facing the street, to draw energy from the straight line away from the entry door. Do not put a mirror directly on the entry door or inside the entry facing out, because this prevents good chi from coming into the house.

**Cul-de-Sac and Dead-End Streets** ~ Living in a cul-de-sac may pose a problem because the energy from the street tends to accumulate in the center house. This could make the house the focus of the neighborhood, a place where friends gather for barbecues and good times. Or the house could accumulate all the problems of the neighbors and be the focus of negative energy. For this reason, it is best to live in one of the side houses and not at the end of the cul-de-sac.

**Dead-End Streets** ~ Living on a dead-end street is very safe, especially for small children who like to play in the street. The energy that comes down the street, however, is stopped by the dead-end so it is easy for houses located here to accumulate all kinds of stuff, just as if all the energy from the street stopped at your house and wouldn't leave. Excess chí can create an unmanageable life with so many responsibilities or commitments that there is no time for self-development. Also, because a dead end stops energy, projects, careers, and relationships stop short in their tracks.

If you live at the end of a dead-end street or in the center house of a cul-de-sac, just be aware of the problems that can occur when energy is stopped. If you place still water in the form of a pond or birdbath in the front of the home, opposite the street, this encourages the energy to fill the pool and nurture the house. Running, active water, whether from a waterfall or fountain, will ensure that the energy is re-circulated, creating a healthier environment. Place a flag, windmill, wind chime, or other object that twirls in the wind in the backyard to circulate the energy and ensure that it doesn't become stagnant.

## **The Significance of Your Home's Address**

In Feng Shui, numbers mean more than their use in adding, subtracting and multiplying. They are symbols with esoteric meaning. Systems and techniques for interpreting numbers are varied and numerous, but because Feng Shui's origins are Chinese, it seems logical to use Chinese numerology to assess the meaning of a particular address.

Chinese numerology is based on homophonic principles. Many Chinese words, when spoken, sound alike. If a number sounds like something good, it is considered to be a good number. If it sounds like something bad, it is considered to be a bad number.

In Chinese numerology, numbers can either be yin or yang. Yin numbers are even and yang numbers are odd. Yang numbers are considered more fortunate than yin numbers. Zero represents nothing, perfection, completion and harmony. A favorable address combines yin and yang, as in 183 or 2176. Addresses that contain all yin or all yang numbers, like 44 or 113, seem to coincide with lifestyles that are heavily weighted toward one function: all work and no play; all play and no work.

**ONE:** In Chinese, the word for "one" sounds like the word for "honor." One is considered to be a lucky number. It represents the Water element and the Career gua.

**TWO:** Sounds similar to the word "sure." Two stands for "doubling up" (as in "double your happiness") and for symmetry, and it is considered a good number. It corresponds with Fire and the Fame gua.

**THREE:** Sounds like the word for "growth" or "alive" and it considered to be lucky. It represents the element of Wood. The Chinese regard a three-sided house as unlucky because a three-sided object is unstable. On the other hand, three fish are considered lucky or to represent abundant growth.

**FOUR:** Sounds like the word for "death" and is considered very unlucky unless it is combined with a favorable number, e.g., 45. Four represents the Metal element.

**FIVE:** Sounds like the word "nothing" but is a popular number because of the five-element classification. It represents the central position and signifies balance. When combined with two, four, six, or eight, it becomes extremely auspicious because each pair of numbers is balanced.

**SIX:** Sounds similar to the word for "wealth," making it an extremely popular number. Also sounds like the word for "deer," which makes the deer an auspicious symbol. Represents the element Water and the Career gua.

**SEVEN:** Sounds like the word "sure" and is considered to be a very fortunate or lucky number. Represents Fire and the Fame gua.

**EIGHT:** Sounds like the word for "multiply" and represents good luck. It is considered to be a "fertile number." If you desire many sons, live in a house with eight in the address. Represents the Wood element and the Family gua.

**NINE:** Is considered one of the luckiest numbers because it sounds like the word for "longevity" and "long life." Represents the Metal element and the Children/Creativity gua.

**TEN:** Last on the decimal scale, it implies completeness. It is not, however, particularly auspicious, because it is a yin number. It is not associated with any element or gua.

**ONE HUNDRED:** Sounds like the word for "very much" and "forever." It is a very auspicious number and represents longevity. Associated with heaven as a direction and the Children/Creativity gua.

**TEN THOUSAND:** Represents plenitude. The emperor in China was addressed as "wan sui" (ten thousand years old) to signify his long reign. It is associated with Earth and the direction center, because this was the emperor's realm.

## EXTERIOR MAINTENANCE:

Like the shell of a crab, a home's exterior protects the soft interior. If the shell is damaged, the interior is injured. If the shell is shabby, the fortune is bleak. Note the general condition of the exterior of the structure. If the paint is peeling and the rain gutters are blocked, if there are broken windows, missing roof tiles, downed fences, torn screens, then you can anticipate problems for the building and the occupant.

Check for any blockages, plugged rain gutters or drains, cracks in the walls or foundation, and general appearance as you approach the site. Broken equipment, weeds, and dog droppings stink of failure. Tulips along the path, clean, neat walkways, and freshly painted exteriors smell of success.

Just as your clothes, coloring, and overall appearance hint of your own inner health, the exterior of a building indicates whether the space and its inhabitants are in good health or heading down the tubes. Keep the exterior in good condition. The life of your house, as well as your potential for success, may depend on it.



# Feng Shui of a Home's Interior

Whether you live in a mansion or apartment, trailer or boat, you instinctively know that there's no place like home. Modest or grand, our homes provide a haven from the external world. They are our safe space where we can do whatever we want.

Your home shows off who and what you think you are and reflects not only the outer circumstances of your life, but also the inner workings of your mind. Your home is like a living entity. Just like you, without proper nourishment, it will die. If your home is healthy, you will also enjoy good health. If your home is sick or weak, you could be experiencing less than the best of health and strength.

## THE MAIN ENTRANCE:

The main entry door sets the tone of the building. It offers protection from the outer environment and serves as a threshold to the inner world. When you close your front door, no one else exists and you are in your own private world.

If the main entry is too close to the street, you may not feel safe or you may be disturbed by the noise of the street. A fence, bushes, trees, or even a screen door or screened windows can do much to provide separation from the street, but they should not inhibit the flow of ch'í by blocking the entry.

One of the first considerations for the entry is its relationship to the exit or back door. If you can see the back door from the front door, the energy runs right through the house and out the exit without nourishing the house. Your goal is to encourage sufficient ch'í to enter the house and move in a gentle curve through the house to the back exit. Use plants, furniture, lights, paintings, rugs, or other objects to create a curved path between the front and back doors. Another solution is to hang wind chimes, crystals, lights, fabric hangings, or plants from the ceiling, along the line between the front and back doors. If the back door is solid, you can hang a mirror on it to bounce the ch'í back into the room. If the back door is made of glass, use a curtain or blinds to keep it covered and stop the ch'í from exiting too quickly.

The ideal entry is well lit and protected from the elements. An exposed entry offers no security from the external world. A canopy or other feature protects the entry from the weather, while a bright light on the exterior, near the entry makes your home appear warm and inviting. If your entry is dark, keep a light on even during the day.

Additionally, an ideal entry has a door or doors that open into the house. When the opening is wide enough to allow sufficient ch'í to enter, there is a good chance the house will be healthy. Bigger is not necessarily better. It is important for the entryway to be in proportion to the size of the house. Big doors should open into big spaces. An entry door that opens into the broadest part of the room allows the widest view of the interior and gives a feeling of space and openness.

Once the chí enters, it should flow freely through the space without interference from walls, pillars, or other obstacles. A wall directly in front of the entrance will stop the chí once it comes through the door. If on entering the home you are confronted with an empty wall, you may feel the future is blank. Hang a pretty and uplifting picture on that wall. Do not hang a mirror directly opposite the entry, because this will bounce the chí back into the street every time you open the door.

After the chí enters it must be able to exit from a different door, ideally from the back of the house. It can also exit through a side door or windows. When chí cannot exit, it becomes stagnant and stale.

To invite opportunity, remove blockages from doorways and remove stored items from behind doors. If the door can't fully open, you are not getting the full benefit of potential chí, and the stuff that is behind the door may somehow be the obstacle to your success.

Consider the way you open the door. The doorknobs, locks, and other hardware should work properly and not stick or rattle. If you have trouble entering the house because the doorknob wobbles, the energy may also find it difficult to enter.

Successful front entry doors have well tended, working hardware that doesn't squeak or wobble. If the paint is peeling, the screen door is rusted or broken, or the doorknob wobbles, you may feel that your home is not your castle, but something much less. Make sure all the hardware on the door is clean, rust-free and in good working condition.

The entry is the most important part of your house and speaks of the health and safety of those within. Dramatize the entry in whatever way you can. If it shouts of success, so will you. A good entry usually coincides with a healthy interior.

## Feng Shui in the Bedroom

On average, we spend six to nine hours in bed each day. For most of us, this is the longest time in a day that we are in one place, so the location and design of the bedroom and the positioning of the bed provide a superb opportunity to align yourself with the natural flow of energy in a way that helps you in other areas of your life.

A good night of sleep is essential for health, so it is also important to have a bedroom that calms you at the end of a busy day, and helps you to sleep well. It should also be a place where you wake up feeling refreshed and full of vitality and enthusiasm to make the most of a new day.

Sometimes people have their beds in locations that make their lives more difficult. Ideally, your bedroom should be exposed to sunlight at dawn, which helps to increase your energy in the morning. If you have a choice of rooms, choose one where the atmosphere is calmest.

Wood is the most favorable material for the bed frame. Metal bed frames, such as brass or aluminum, speed up ch'í energy. Water beds are not recommended because they produce a damp, heavy atmosphere, leading to stagnation.

Keep the space beneath your bed empty to avoid ch'í energy from stagnating under you while you sleep. If you store things under your bed, clear it out and clean there regularly.

Choose a mattress made of natural materials. Cotton is preferable to foam and other synthetics, which carry a static charge that can make you feel drained of physical and emotional energy. Mattresses that contain metal springs affect the local magnetic field and cause the movement of ch'í energy to become chaotic. This can make people who sleep on them, feel confused and disoriented.

Futons are ideal beds in Feng Shui terms. They are made of four to eight layers of thick cotton wadding bound by a strong cotton cover. In Japan they place them on the floor on bamboo tatami mats, but in the West most people use wooden bases to raise them off the floor.

Since bed linens are next to your skin, it is even more important that sheets, pillowcases, blankets and covers are made of pure cotton, linen, silk, or wool. Cotton and linen are preferable because they "breathe" better than silk. Avoid synthetic fabrics. All bedding should be regularly washed and well aired.

Your choice of rooms may be limited, but the position of the bed is usually more flexible. One thing to keep in mind is to make sure that you position your bed so that you can see the door, but that your feet are not pointed directly out the door, as this is symbolic of the "death" position.

## Feng Shui in the Kitchen

Food has special significance in the Far East because it is widely used for healing. Practitioners of Oriental medicine believe that a healthy well-balanced diet leads to good health and longevity.

In Feng Shui, the stove represents the creation of life, because the food prepared on it contributes to the creation of life in your body. It is the most important appliance in the kitchen, and should be as large as space permits. If your stove is positioned against a wall, hang a mirror on the wall above it. This visually doubles the size, thus enhancing the life-creating image. You will also be able to see what is happening behind you when you are cooking.

I have placed an octagon shaped mirror on the wall above my stove. I added four Chinese symbol stickers, which I found at the local hobby store. They are Harmony, Peace, Life and Purity. I thought these were perfect, as I feel it is important to have "pure" food for "life", which is prepared in a "peaceful" setting and promotes "harmony" in the body.

Additionally, this simple cure has benefited me greatly because when I was cooking my back was to the door and I would often be startled by a family member sneaking up behind me. Not any more! The mirror has eliminated my subconscious concern over having people approach me unannounced and I haven't burnt myself one time since I put that mirror up!

Stoves with a natural flame are preferable. Gas is ideal, but wood or coal burning stoves are good alternatives. A natural flame stove, like a real fire, also adds to the comfortable atmosphere of the room. Avoid electric stoves, since these give off electromagnetic fields, which can negatively affect the chí energy of your food, and consequently your health. Microwaves are also not recommended. Surfaces must be easy to clean; stainless steel is the best choice for a stovetop.

A helpful position for the stove is on an island in the kitchen, as this will allow you to face into the room while you are cooking and to see the windows and the doors. It also gives you a greater choice of positions within the kitchen, so that you can face the direction most favorable to you. Facing into the room also makes for a more sociable setting, enabling you to feel less isolated and to see and talk to your friends and family while you are cooking for them.

### POSITIONING THE STOVE AND SINK:

The stove and the sink represent fire and water chí energy respectively, and should be carefully positioned to avoid disharmony. Ideally, do not place them next to each other. If possible, also keep other water elements, such as refrigerators, dishwashers and washing machines, away from the stove, although this is less important. Try to ensure the stove and sink are in helpful locations in the kitchen, and ones where the Five-Element chí energy is compatible.

## The Feng Shui of Food as it Relates to the Elements and Organs:

You can incorporate Feng Shui and the Five Elements into your daily eating habits. To enhance your organs using these principles, incorporate the colors, elements and foods below:

<b>HEART:</b>	Fire, Red, Summer, Bitter Tastes Shrimp, Red Peppers, Tomatoes, Lobster, Strawberries, Cherries
<b>SPLEEN:</b>	Earth, Yellow, End of Summer, Sweets Eggs, Yellow Squash, Curry, Carrots, Peaches, Nectarines
<b>LUNGS:</b>	Metal, White, Autumn, Pungent Flavors Scallops, Egg Whites, Fish, Chicken, Cauliflower, Potatoes
<b>LIVER:</b>	Wood, Green Spring, Sour Tastes Peas, Scallions, Spinach, Celery, Cabbage, Broccoli
<b>KIDNEY:</b>	Water, Black, Winter, Salty Tastes Black Beans, Beef, Lamb, Eggplant, Plums, Blueberries

## Feng Shui in the Bathroom

Let's take a look at Feng Shui in the bathroom. Many money woes stem from this area, so pay close attention.

Water is the main element in the bathroom. Rooms with a lot of water tend to have damp wet surfaces and more humid atmospheres than other rooms. This can lead to a heavier flow of ch'í energy, which makes it prone to stagnation.

The toilet is usually located in the bathroom, which compounds all the problems because the downward draining influence of the toilet is especially damaging. Ideally, the toilet should be as inconspicuous as possible. To minimize the draining effect of the ch'í energy from the toilet, position it well from away from the bathroom door.

The most favorable position for the toilet is concealed behind a half wall, screen or curtain. Keep the toilet lid closed as much as possible, but especially while it is being flushed. Keep the bathroom door closed, especially if it is in the same room as the bedroom.

Leaking pipes and dripping taps or showerheads will increase the draining effect of the bathroom. Blocked toilets are counter-productive to a favorable flow of ch'í energy, so keep all plumbing installations in good working condition. The draining effects will also be minimized if the bathroom is kept neat, clean, and dry at all times.

The main objectives in a bathroom are to keep the room bright, dry and fresh and to counteract the tendency for ch'í energy to stagnate in humid conditions.

**Here are a few tips to help you achieve harmony and balance in this challenging room:**

**Lighting** ~ Natural light is best. A bright sunny room creates a lively dry atmosphere and sunlight charges up the ch'í energy of the room and helps stimulate the flow. If natural light is limited, keep the room well lit, especially the corners. Bright lights stimulate ch'í energy.

**Fresh Air** ~ Good ventilation dispels humidity and helps to prevent stagnation. Open the window and let in plenty of fresh air every day.

**Window Treatments** ~ Slatted blinds are a good compromise between the need for privacy and for light. Avoid thick curtains. Keep blinds and curtains open as much as possible.

**Plants** ~ Plenty of leafy plants make the room feel fresh and alive and help to minimize the ch'í energy from becoming stagnant in the corners. Plants also help to absorb the extra humidity in steamy bathrooms, and generally grow well there for that reason.

**Furniture** ~ Keep furniture to a minimum. Too many objects in the bathroom create a damper, more stagnant atmosphere. Avoid overuse of fabrics. Surfaces should be easy to clean and dry. Hard shiny surfaces such as chrome, glazed ceramic tiles, polished marble and glass are more yang and stimulate the flow of chí energy.

**Mirrors** ~ Mirrors speed up the flow of chí energy, which is a positive feature in a bathroom where you are striving to avoid stagnation. Since bathrooms are often small, mirrors can also give a feeling of space. Do not have the mirrors facing each other.

**Red Ribbons** ~ A common Feng Shui cure to improve your finances is to tie a red string or ribbon, measuring 6, 9 or 18 inches in length, around the pipe under your sink. On very rare occasions, this can cause a back-up in the sink. If this occurs, remove the string immediately. Check for any blockages in the plumbing and repair if necessary.

**SIDE NOTE:** I've had a red ribbon tied around my bathroom pipes for years and have never experienced any problems.

## Feng Shui in the Living Room

The living room is central to family life. It is where you entertain your guests, host parties and important family celebrations, and it is the place where you relax.

Usually the living room is the largest room in the house and plenty of space is essential to its success. Chí energy can stagnate in overcrowded rooms. If your living room is too small, use mirrors where necessary, to adjust the overall proportions and create an illusion of space. We'll discuss proper placement later in this ebook.

A fireplace is often the focal point in a living room. Because of its association with the fire energy, it presents both opportunities and risks, and requires careful consideration. A working fireplace (one that burns coal, wood or gas) can greatly enhance the comfortable atmosphere of a home during the winter. It enhances passion, excitement, spontaneity and brightness. Electric fireplaces, however, are not recommended because they increase electrical radiation.

Often, it is practical to combine the living room and dining room. Generally, entertaining and eating are compatible functions, and you can usually create an atmosphere that works for both. Sometimes, the living and dining area also incorporate the kitchen. The main drawback here is that the kitchen part must be kept especially clean and tidy at all times. If not, it has a negative impact on chí energy which can spread to the rest of the room.

A bright sunny room will help to create a lively uplifting place where you and your family will enjoy spending time together. The sunlight charges up the chí energy and helps to stimulate the flow of energy through the room.

An ideal living room uses furnishings and décor to enhance the room's spaciousness and to make it feel relaxing and comfortable. At the same time, try to promote sociability and family harmony. To allow chí energy to circulate freely, keep large pieces of furniture to a minimum and do not overuse heavy fabrics and upholstery. Balance the need for comfort against the risk of stagnant chí energy.



## Enhancing Wealth

Is money a challenge for you? Do you have a positive cash flow, or are you always in debt? Do you frequently think about how much money you have in the bank? Do you worry about how you are going to pay your bills?

This chapter focuses on how to enhance your *Wealth* gua. In Feng Shui, wealth is also power, abundance and prosperity. In our culture money is seen as power, so having money means you have the power to get what you want. Wealth is having the resources and the money for the good things in life that you deserve. It also enables you in other areas of your life and allows you to help other people.

By applying the *Bagua* to your floor plan, you will be able to determine the Wealth areas/guas of your home or office. The Wealth area is located in the far left section or corner of your building, home or room that you are working with. This is the power corner and is the farthest distance from the entry door.

**One of the most powerful cures to use in the Wealth area is to place a water fountain in one or more of your Wealth areas.** When you put this cure in place, reinforce it by visualizing that wealth is now flowing to you abundantly. Although larger fountains are generally better, any size can be effective. Tabletop water fountains can be found in a variety of hobby stores, department stores and online. You can easily and inexpensively create your own fountain with a ceramic container, some smooth rocks or crystal chunks, and a small aquarium pump.

Aquariums and fishbowls are additional wealth cures for the home, room or office. You may have noticed large, beautiful aquariums located in many Chinese restaurants. These strong wealth producers are placed to create powerful wealth chí for the owners of these businesses. Aquariums containing living fish add wealth energy and should include eight red or golden fish and one black one.

Place an aquarium near the entrance or in the entryway, in the *Career* area of the home or office and in the *Wealth* area to duplicate your wealth energy. Always remember to utilize the “Three Secret Reinforcements” and visualize prosperity and abundance in your life to make this cure more effective.

When using water fountains, aquariums or fish bowls as wealth enhancements, it is important to keep the water clean and flowing at all times. Stagnant water and algae build-up will stop the flow of wealth and create stagnant energy.

Another Feng Shui cure for *Wealth* is to bury nine [I-Ching coins](#)<sup>1</sup> in the soil of a plant or tree placed in the Wealth corner of your home or office. Symbolically, as the plant or tree grows, the abundance in your life will increase. Try using fast growing plants such as bamboo.

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

If you are seeking a pay raise, or would like to attract more business, place a bamboo plant on the left hand corner of your desk. Visualize prosperity and abundance to activate this cure.

Hang three [Chinese I-Ching coins](#)<sup>1</sup> on the inside door handle of your main door. Tie the coins together with red string or cord, in 8” increments, to activate the prosperity already inside.

When using Feng Shui, one must remember that this art is about harnessing the energy which we all have access to. Additionally, Feng Shui is a spiritual practice. It is connecting to and becoming part of the natural flow. Feng Shui helps us to balance and harmonize our surroundings; therefore it is important that you apply these principles with a balanced attitude.

If you are frustrated and stressed out when you place a water fountain in your Wealth area, I guarantee that you will not experience any results. Take a moment to breathe. Inhale deeply through your nose, and exhale slowly through your mouth, releasing all negativity. Focus your energy on the result you would like to achieve. Hold the water fountain in both hands and program it to be your vessel of wealth and prosperity. I realize this may be unfamiliar to you and you may feel uncomfortable at first. Please trust me when I say, if you take the time to perform Feng Shui properly, the results will astound you. It's okay to step out of your comfort zone.

If you have not already done so, remove all the clutter from this area before placing the cure. Fix any damaged or broken items. Wealth energy cannot arrive in a cluttered location that contains broken items. This space is sacred and needs to be clean. Ring bells in the corner to release stagnant energy. If you don't have bells, use the lids to cooking pots and bang together. Additionally, you can burn sage smudge to cleanse and purify this area. If you burn sage smudge, be sure to leave a door or window open, so the negative energy can disperse.

**Feng Shui Tip of the Day:** A running water fountain activates Chí in the Wealth area. Use only water fountains that pool water, as pooling water symbolizes the pooling of wealth.

*“The luck that we attract ourselves cannot be stopped.”*  
– *Japanese Saying* –



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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

## Creating a Personal Wealth Vase

A personal wealth vase is one filled with precious items, and is an excellent way to attract wealth luck to its owner. Placed in your home or office, this powerful tool is a great remedy to assist you in obtaining the wealth you desire. Does it mean you will win the lottery? Probably not, but if you do, please share your story with me!

How do you go about selecting a wealth vase? To begin, select a vase that is beautiful and valuable, as it will contain your most precious items. Choose a container made of the *Earth* or of the *Metal* element, although earth vases are better suited than metal. This is because in the productive cycle of the five elements; earth produces metal, and hence, gold.

Earth element vases can be made of porcelain, crystal or earthenware, while metal element vases can be made of copper, brass, silver or gold. Of course, the more expensive the material, the more auspicious the vase; but don't go overboard and buy a very expensive solid gold vase - a gold-plated one would be just as effective.

The best shape for a wealth vase is one with a fairly wide mouth that narrows into a slender neck and then broadens out into a wide bottom to resemble an hourglass. This shape allows plenty of money or wealth to flow in, down through the narrow neck and into the broad base, where it will accumulate and remain for a long, long time. The vase can be as big or as small as you desire. As long as you use it properly, it should provide satisfying results.

The first thing to put in your new wealth vase is three, six, or nine Chinese coins tied with red string. Next, fill half of the vase with seven types of semi-precious stones. These can include amethyst, citrine, clear quartz, topaz, tiger's eye, malachite, coral, lapis lazuli, sodalite, cornelian, jade, pearl, jasper, aquamarine, crystal, rose quartz, turquoise, etc. You can include diamonds or other gems, jewelry, or colorful beads. Remember that Feng Shui is based on symbolism and intent, and will work just as well using colored beads.

If you can, obtain a bit of soil from a rich person's garden. You need to obtain their permission, as soil *given* to you is very lucky. DO NOT STEAL THE SOIL – this will bring you very bad luck! In essence, you will be 'borrowing' some of their wealth energy. The thing I have discovered about Feng Shui, is that at times you have to do things that are a bit out of the ordinary. The other thing I have discovered is, if you do the unusual and step out of your comfort zone, the results are much more rewarding. So be brave - ask a rich person for a tablespoon of soil.

Another option is to place a bit of soil from your own garden or from the garden of a friend or family member. Additionally, you may also put a red package or red envelope filled with real money in the vase. This can be paper money, coins or a combination of both.

The next step to creating your wealth vase is to include five types of 'nourishing fruits' (seeds and grain) such as millet, wheat, barley, rice, sorghum, red beans, green beans or soybeans, to symbolize an abundant and constant supply of food in the family. You may put this (uncooked) grain in a small plastic bag before putting it in the vase. Fill the vase to the brim. If there is still some space in the vase, top it off with more semi-precious stones.

On a last but very important note, your personal vase must be kept **hidden away** from the eyes of others, preferably inside a closet in your bedroom, and never facing the front door, as this symbolizes your wealth draining away.

This does not have to be an expensive remedy, and you should use items you already have in your possession if possible. Do take care in selecting the vase and obtain the best one you can afford. Have fun creating your vase. Personalize it and connect with it, then watch the money roll in!



**Purchase a Wealth Vase at:**  
[www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

## Enhancing Health

Often Feng Shui can diagnose problems which cause ill health. When using Feng Shui to enhance your health, the natural energy of the environment works for you and you reap the benefits, which can include enjoying new vitality.

If your home or office is in opposition to the principles of Feng Shui, then every day you are being affected in a negative way and your health will suffer. Using Feng Shui principles, you can live and work in a healthy environment. Feng Shui cannot provide a cure-all. However, those empowered with inner strength derived from Feng Shui principles are less likely to succumb to illness.

The Bagua direction related to Health is the Center of the home. For those suffering ill-health, that is the area that needs stimulation. Remember, good health comes from obtaining balance in all theguas. The following may assist you in pin-pointing a specific area of concern.

Overhead beams are often responsible for headaches. A main entrance which runs straight into a kitchen or bathroom can cause nagging health problems, as well as long, narrow corridors where energy is constricted. Remedies which counter these effects include screens, fabric, mirrors and wind chimes.

A garden can be used to assist with ill-health. Include tall, luxurious plants such as bamboo or tall grasses in the Center of your garden if possible. Water features such as a pond or birdbath work well. Avoid thorny roses, plants with spikes, and red and orange flowering bushes as these will deplete your energy. Place bamboo plants on a coffee table located in the center of your living room.

All illnesses have three main components that contribute to their manifestation in your body. Through a combined process, the chí in your spiritual, emotional, and physical bodies comes together and develops a certain propensity toward a particular illness.

In order for an illness to be completely healed, all three aspects of that illness must be addressed. Think of Feng Shui as a chiropractic adjustment, aligning you with the people who will be most helpful to you, the best possible treatment, helping you understand the emotional issues surrounding the illness, and the spiritual lessons that the illness is here to teach you.

It is very important for you to pursue all the resources available to you such as medical doctors, therapists, coaches, alternative treatment specialists, nutrition counselors, spiritual counselors, etc. If you only use the Feng Shui process to treat your particular ailment, then you are only participating in one part of the healing process.

**DISCLAIMER:** This information is for educational and entertainment purposes only and should not be taken as medical advice.

## SPECIFIC HEALTH CONCERNS

Listed below are ten different physical and emotional problems that can be caused or exacerbated by common design errors or house-maintenance problems. This information is not intended to diagnose or treat any medical condition. Please contact your healthcare professional if you are dealing with a serious or life-threatening illness.

1. **HEART DISEASE:** Doors, hallways, and spiral staircases all directly affect the functioning of the heart. If the ventricles of the heart are not working properly, check all the doors in the house. If heart disease is due to blocked arteries, then check for clutter in hallways, entranceways, and behind doors.

**REMEDIES:** Clear all blockages from entranceways, hallways and doors. Make sure all doors are in good working order. Repair broken locks, loose hardware, place oil on squeaky hinges and make sure the doors open with ease. Repair all electrical and plumbing problems – frayed wires, electrical shorts, overloaded sockets should all be repaired immediately. Dripping faucets, pipe or ceiling leaks should be repaired and clogged sewers, drains and cesspools should be cleared. If you have a spiral staircase, add a light at the top and hang a faceted crystal on a nine-inch red string, from the top of the ceiling. If you have three doors in a row at any one location in your home or office, hang two faceted crystals on a nine-inch red string, in between each archway.

2. **RESPIRATORY PROBLEMS:** Check the front doorway for anything that may block the ‘mouth of the chi’. Look for dark or narrow entranceways to all rooms. Small entranceways that lead up to your home or office, small waiting areas or vestibules should be clutter-free.

**REMEDIES:** Remove clutter and expand narrow spaces with mirrors. Use light colored paints and bright lighting, and add a life force remedy such as plants (round-leaf only), fish, or birds to circulate the energy. Remember, Feng Shui uses symbolism and if you are unable to place living fish, birds or plants in the area, you can also use a picture, painting, statue or ornament depicting a plant, fish or bird.

3. **IMMUNE SYSTEM AND CIRCULATORY PROBLEMS:** For any type of health problems related to blood circulation, blood quality, or the lymphatic system, the occupants should check the electrical and water systems in the home.

**REMEDIES:** Repair all frayed wires, electrical shorts, and overloaded sockets immediately. Dripping faucets, ceiling or pipe leaks should be repaired, and clogged sewers, drains and cesspools should be cleaned.

4. **EYE/SIGHT PROBLEMS:** Our eyes provide us with the ability to see the world and our lives. When we develop eye-related problems, it is important to take time and think about what we might be avoiding or choosing not to “see.” When you are working with Feng Shui, it is important to remember that Feng Shui is filled with innuendos and metaphors. If you work with *all* the signals that it will send to you, you will find yourself healing faster and change will occur more swiftly. In Feng Shui, the windows of your home or office and the *Fame* gua’s are closely related to the eyes.

**REMEDIES:** Replace all broken windows, mirrors, and window frames in your home. Keep the windows cleared and clean/polish the glass often to retain clarity and insight. Watery eyes, due to allergies, can also be linked to water leaks and drainage problems.

5. **HEADACHES:** Chronic headaches or headaches that relate to a specific location are a signal to check the front door and entranceways for blockages or problems. The entranceway areas correspond to the head and if doors get stuck, don’t close properly, or are not able to open all the way, the *chí* around the head can be suppressed and constricted, causing headaches and head-related problems. If you are feeling that people in your life who should be helpful are starting to give you “big headaches”, carefully check your Helpful People gua’s (lower right quadrant of your home, office, and individual rooms).

**REMEDIES:** Clear doorways, remove all heavy/tall pieces of furniture that are located over your head, and check for overhead beams over your bed, desk or stove. Affix two [bamboo flutes](#)<sup>1</sup> to the beam (one on the left-side and one on the right-side of the beam), hung on a 45° angle with red cord and tassels. **IMPORTANT:** Make sure the mouthpieces are at the lower end facing upward; decorate or hang a red fringe extending the length of the beam.

**Bedroom beams** affect health and cause emotional problems. If the beam is over your feet, you can feel slowed down, missing career opportunities. If it is over your mid-torso, problems with the digestive tract or weight can occur. Over the head can create headaches and insomnia. **Desk beams** stifle creativity and affect work promotions. **Stove beams** limit finances and **entranceway beams** limit opportunities for growth and expansion. Make sure all **Helpful People** guas are uncluttered.

6. **ARTHRITIS/JOINT DISEASES/TMJ:** Problems or illnesses affecting the joints are directly related to the hinges, hardware, and locks on a door. Doors that don’t close properly can create stiff wrists, knuckles, and knee joints. Cabinets, closets, dresser drawers, and folding doors should be properly aligned, oiled frequently, and on track in smooth working order.

**REMEDIES:** Fix and oil all hardware and doors. Check the **Knowledge** guas (lower left quadrant of the Bagua Map), as they represent all issues regarding the hands. Check for “bad bite” doors - two doors directly facing each other where one is much bigger than the other – and add mirrors to either side to offset any TMJ problems. Make sure all doorknobs are

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)



installed properly. When doorknobs are loose or missing, the occupants often have a hard time “getting a handle on things”.

7. **LOW ENERGY:** Having problems with low energy can be very subtle in Feng Shui. Begin by checking the lighting in the house and make sure that all the bulbs are bright and working. Most important; check for dead batteries and broken appliances. Appliances that do not work, but are kept in the home, drain the body of its natural chí flow.

**REMEDIES:** Fix all lighting, repair or discard all appliances that no longer work, and make sure that the main pieces of furniture are correctly positioned. Hang a wind chime in the center of your bedroom and visualize your energy shifting and your chí getting stronger.

8. **STOMACH/INTESTINAL PROBLEMS:** Stress related to relationships, finances, and family matters contribute to the manifestation of an ulcer or over-active colon. If you feel your stomach problems are stress related, do your best to figure out where they are coming from (career, health, family, etc.), then go to those areas and make adjustments accordingly. Illnesses such as colds, bladder infections, and diarrhea stem from water or electrical imbalances and you should check the plumbing and wiring systems in your home. Make sure the headboard on your bed isn't up against a wall shared with a bathroom or kitchen and that the bed itself does not cross with a bathroom door.

**REMEDIES:** If the kitchen or the bathroom runs along the center line of the house, place mirrors on all four walls and hang a crystal ball on a nine-inch red string from the ceiling. Check all plumbing for leaks and repair where needed. Locate all the **Relationship** guas in your home because these oversee the organs in the body, including the stomach. Bless your intention and visualize the condition being healed.

9. **ANXIETY:** When conditions in the home are out of balance, they can trigger or exacerbate already-existing anxiety. Long hallways without any breaks or dividing objects can accelerate the chí in your home, causing erratic energy. If the hallway is running perpendicularly to a bedroom entranceway or an area where you spend a lot of time, the impact will be even greater on your nervous system. Entryways that connect directly to a window will also create accelerated chí force. Color also plays an integral part in creating a space that is either soothing or anxiety producing. The color white, in China, is traditionally used as a color of mourning, as we use the color of black in the West. When your home is completely painted in the color white, it can cause the chí to ricochet off the walls and ceiling, which brings about a lot of frenetic and unstable energy.

**REMEDIES:** Add energy dividers such as framed artwork and small throw rugs to long hallways, every five feet, to slow down and break up the energy patterns. In addition, you can add a heavy object such as a large vase or a concrete statue at the end of the hallway to slow down the chí. Another easy solution is to add some color and break up the solid white walls. If you choose to keep the walls white, add color to the ceiling, doors, or trim. Try to avoid having the walls, ceiling and trim in a room, all the same color.



10. **DEPRESSION:** Depression is often referred to as “feeling low”. It is important to check every room in the house and see if you notice any heavy or large pieces of furniture that may be towering over your head in significant places such as your bedroom, living room, or place of work. These large pieces of furniture, including bookcases, tend to overpower and depress the chı in our body, causing your emotions to be thrown off balance. If your depression is chronic, check the overall Feng Shui of your home; you might find that you need a complete overhaul and should contact a [qualified Feng Shui consultant](#)<sup>1</sup>, as this may require several adjustments.

In particular, check the electrical wiring throughout your home; frayed wires and overloaded outlets also connect to your nervous system and coping thresholds. Water also oversees the emotions; check for leaky faucets or drips. Poor lighting and dark colors and woods contribute to creating heavy, stagnant chı. Bare walls tend to send out a depressing message of hopelessness and apathy. Clutter, especially non-visible clutters (closets and drawers), can accumulate and drain your energy unknowingly. The best immediate thing you can do for your depression is to clean up your space, throw things out, and get rid of your clutter.

**REMEDIES:** Remove overhead objects that appear to be oppressive. Fix all leaks and repair all wires. Add brighter lighting to your rooms and introduce the color of orange into your choice of foods or clothing. Clean out your junk drawers and closets. Add positive and uplifting pictures to blank walls and reduce the amount of dark colors in your home.

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<sup>1</sup> [www.NikkeaBDevida.com](http://www.NikkeaBDevida.com)

## Enhancing Your Career

Are you one of those individuals who never receives that promotion, special project, or bonus? Worst of all, are you on the “next-to-go” list? What went wrong? You’ve been coming in early and going home late just to finish your work. All those career seminars and motivational talks seem to be of no benefit to you now. You just want your career to be on the right track, so where do you begin?

The answer could be as simple as the direction in which you are sleeping. This is very important as we spend one third of our lives snoozing. Sleeping with your head in the command position, especially if it is located in the Career gua, can be auspicious for your career. The Command position is where your bed is located so you can see the door when lying down on the bed, however, your feet should not be in direct alignment with the door.

Your desk and its accessories both influence how productively you work. A large desk helps you to feel dignified and powerful. It also conveys the impression that you have room to expand. A small cramped desk can make you feel constrained, and that you have nowhere further to go. A round or oval desk is usually preferred to a square or rectangular one. A wooden desk promotes a natural flow of chí energy, making you feel more at ease in your room.

The desk chair should keep you alert while working, but not strain you physically or mentally. Much office furniture – filing cabinets, shelving systems – has sharp corners. It may be impossible to find rounded alternatives, or replace the filing cabinets you have in your office, but you can soften the edges with round leaf plants or soft fabric draped over the top of the cabinet.

Do not sit with your back facing doors or windows. This indicates betrayal and disloyalty, all pointed toward you. Position your desk so that your back is facing a solid wall. If possible, hang a picture of mountains (no water feature in the painting) behind you. A mountain symbolizes a solid foundation and a ‘guarding’ of your back.

Do not sit under an exposed beam as it will cause severe headaches and bring you stress. If you have no choice but to sit under beams, ask your boss if you can camouflage the beam, or place a couple of [bamboo flutes](#)<sup>1</sup> on the beam to minimize the negative chí.

Do not place your desk against a wall with a toilet on the other side. If there is a toilet above your office, move your desk to another spot. The ‘flushing’ of the toilet will symbolically ‘flush’ away opportunities and luck.

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

Try not to place any open bookshelves behind your back in your office. The open shelves represent 'poison arrows' and they bring negative (shar) chí. If you must have the bookshelf behind you, cover it with fabric curtains to mask the shelves. Also watch out for poison arrows caused by protruding corners or pillars. It is easy to disguise the sharp corners by placing a potted plant in front of them.

Career enhancement symbols include the Phoenix, crystals, and a boat or sailing ship pointed in your direction. Place a living bamboo plant on the upper left corner of your desk.

The most important tip, a tried and true trick of the trade, a secret amongst Feng Shui practitioners – Be nice to your boss.

## Enhancing Helpful People and Travel

The **Helpful People and Travel** gua is located in the front right quadrant of your home as you enter the front door. This area of your home can be enhanced to bring all kinds of fun energy to you. For example, if you travel too much or too little you can balance that out in this area. If you find yourself doing everything, with little or no help, you can shift the energies to be more helpful in your life. If you feel out of sync with the world, this area can get you in the groove.

Additionally, this area offers assistance if you are in a legal proceeding, home purchase or sale, need medical attention or any other major event where you *really* need to be treated fairly and justly.

### Things to Include:

**Silver and Gray:** These two colors are very helpful here. A simple remedy is to place a silver box in the **Helpful People and Travel** area to hold a space for your needed energies. This does not have to be elaborate and can be as simple as wrapping a shoe box in aluminum foil or silver foil wrapping paper.

Write down anything you need help with (and word it in such a way as it is affirming - do not use the words need or want in these sentences - say "thank you for ..." or "I am now enjoying ...") on a piece of paper and place the paper in the box. If you are in a legal situation, put your opponents' names (business cards perhaps?), as well as any legal documents in the box. Once you are finished including everything into the box, wrap it up in aluminum foil (or silver wrapping paper) and place in a drawer. Make your intention to bring about a fair outcome. If you are looking for a helping hand, put one or more hands in this area. It can be quite a powerful symbol to have working for you if you give it the right intention.

**Symbols of Helpful Beings:** Here's where angels, religious statues, and motivational pictures can be beneficial within your home. If you don't have anything like that lying around, then place books from your favorite self-help authors here.

**Pictures or Symbols of Your Favorite Travel Destinations:** If your desire is to travel, then use photos of the destination here. I like using travel postcards in this area and attach them with magnets to the refrigerator door. The more clear your intention the better the odds of success.

**Bells:** A bell is a great symbol of calling attention to your needs. Have a bell close by and see who starts helping out. Maybe the teenagers will clean their dirty rooms after all!

## Things to Remove:

**Clutter:** You must clear a path to yourself so all these helpful people can find you. Get rid of anything that is hampering your view of your space and your life.

**Drains:** If you've got a drain in this corner of the home, your helpful energies may be flowing away from you before they can help. Balance this by placing red tape or ribbon around the outgoing pipes (under sinks and such). Take red fingernail polish and paint and "X" on the underside of the drain. Do both the tape or paint/fingernail polish cure with the intention of stopping your helping energies from going down the drain. You just might see an increase in your finances from this remedy as well!



## Enhancing Creativity & Children

According to Feng Shui, **Creativity and Children** reside in the same area of your home because they share the same energies. Creative people and children are both free to express themselves, no matter what other people may think. And when they are around, fun is sure to follow.

The **Creativity and Children** section is the part of your home used for creative expression and anything to do with children (conceiving them, raising them, and having better relationships with them). The **Creativity and Children** gua is located in the middle right quadrant of the Bagua Map.

### Things to Include

**Metal** ~ Metal is the preferred element for this area. Metal picture frames are one of the easiest things to add, particularly those with pictures of children in them.

**White** ~ The color white equals metal in Feng Shui. You can paint the wall white, hang a wall covering that is mostly white, use a white cloth on the fireplace mantel, or add white porcelain figurines of children. Get creative and utilize your white items in this section.

**Round Items** ~ Add white circles and balls, a white metal clock, a round white table with metal legs, a white porcelain or metal bell, round picture frames. Circles are symbolic of the circle of life in this area.

**Fun Stuff** ~ Having fun promotes creativity, so this part of your home would be a great area to place games, instruments, toys, music collections, the TV and other items that provide you with joy and laughter.

**Hobbies and Crafts** ~ If you want to be more active and creative in your craft activities, try using this part of your home to create them.

### Things to Avoid

**Fire** ~ Fire melts metal, and will create 'burn-out' in just about any activity. Remove the candle collection from this area. If you have a fireplace in this section of your home or room, hang a mirror above it. Mirrors are symbolic of water in Feng Shui, so you would be 'putting out the fire' with this water element.

**Red** ~ Red is a "hot" color and symbolic of fire. The color red in this section will snuff out your creativity, so it is best to eliminate red colors and decorative items.

**Triangular or Pointy Objects** ~ Since these shapes represent fire, it is best to leave them out of this space.

And finally, some quick tips for the ultimate act of creativity – getting pregnant:

1. Do not sweep around the bed when you want the energy to “settle in.”
2. Enhance the **Creativity and Children** gua with baby items such as a silver rattle to get the metal element working for you as well.
3. Place a spiritual or religious object in the bedroom during the time you are trying to conceive.
4. Don’t hammer nails into the house while trying to conceive.
5. Have fun and relax.



“Happiness”

*Let the beauty we love be what we do. ~Jalal-Uddin Rumi*

## Enhancing Love and Relationships

The **Love and Relationships** gua is located in the upper right quadrant of the Bagua Map. You can also enhance this gua in each individual room.

Many individuals focus only on the “love” aspect of this section, however it can be used to enhance your relationship with family, friends, co-workers and neighbors. The **Love and Relationship** gua helps you to attract and receive love energy. Put these quick tips into action and you’ll soon be experiencing the flow of love energy.

### Things to Include:

**Space** ~ Make room for love energy by literally creating space. Clean out your medicine chest, dresser drawers, and closet. Clear clutter from under the bed, nightstands, or bookshelves.

**Matching Pairs** ~ Replace single items with matching pairs of things: a pair of dolphins, two red or pink candles, two hearts made of rose quartz, a pair of doves or two gold rings.

**Sensual Items** ~ Are you prepared to put the spark back in your relationship? Place a box of chocolates, a pair of red candles, massage oils, a bucket of champagne with two glasses, and a romance CD next to your bed. Use silk sheets with soft rose petals scattered about. Think of the five senses here, and make you sure you have catered to each.

**Pink Stuff** ~ Pink is the color of love in Feng Shui and can assist in holding love energy for you. You can keep it as simple as adding a pink sticky note, or as elaborate as decorating the entire area in pink. The choice is up to you, just make sure to clearly state and reinforce your intent.

**Round Things** ~ In Feng Shui, circles symbolize unending, eternal love – nice to have around in the relationship area.



## Things to Avoid

**Stuff from the Past** ~ If you are looking for new love energy, you've got to cut the ties to the past. Throw out the old love letters, gifts and trinkets. If you absolutely cannot part with them, ask a friend to store them for you until you attract the perfect love relationship.

**Single Items** ~ If you are single and seeking a love relationship, you can obtain fast results by removing art in the home that depicts a single woman. If you have an expensive portrait of yourself, give it to a friend or relative to hold for you. Portraits of single women attract single attitudes and energies. Hang art which includes happy couples or use sculptures of a couple embracing.

**Single Arrangements** ~ Having just one nightstand next to your bed and all the other space in your room filled to the brim with your stuff, gives the impression that you are comfortable with your single lifestyle.

**Feminine Chí** ~ If your home or room is covered in satin and lace and makes a man cringe when he enters, you might want to lighten up on the girly stuff and get more in touch with your masculine side. If you are male and your bedroom looks like a hunting lodge, find ways to soften it up and make it somewhat "girlie."

**Juvenile Chí** ~ Get rid of stuffed animals, games, dolls, high school trophies, etc. if you are seeking a mature relationship.

**Distractions** ~ Remove items that distract you from your intent for a relationship such as workout equipment, work-related items, laundry hamper and television. You can still keep these items, just keep them out of the **Relationship** area.

**Pointy or Pokey Items** ~ Remove items which have pointed tips. Sharp angles and corners poking into this area of the home keep people you attract at bay. Never place a cactus or plant with thorns in the love/relationship section.



***"Love"***

***The heart has its reasons, which the mind does not know.***

## Enhancing Reputation and Fame

You can improve the way others see you by enhancing your **Reputation and Fame** area. This gua allows you to direct the energy and cultivate other's respect.

If you cultivate respect, a good reputation will usually follow. Performing Feng Shui remedies in this section can literally make you famous, if that is what you desire. This section is also about courage – as in having the courage to change or begin something new. It is ruled by the **Fire** element.

The **Reputation and Fame** gua is located in the upper center quadrant of the Bagua Map.

### Things to Include:

**The Color RED** ~ You can add just about anything red to bring forth the **Fire** chí you need to enhance your reputation.

**Fire** ~ This is the perfect section in which to place your candles. If you have a fireplace in this area of your home, you're off to a great start. If real fire is out of the question, add the electrical alternative – light. This could include a night light, spot light or a lamp. Possibly add a “flame” lampshade.

**Electrically Powered Objects** ~ Anything powered by electricity can be used to “juice up” fame and reputation.

**Pointy or Triangular Objects** ~ Add objects in the shape of a flame or pyramid in this area. This is one of the few spaces where a cactus is appropriate indoors.

**Sun and Stars** ~ If you want to be a star, this is an auspicious area to place stars. They can be painted or hung on the walls or ceiling. Additionally, add a spot light to illuminate the stars if you are looking for a new job or desire to create or expand your own business.

**Famous People** ~ Include a picture of a famous person in this section, especially if it is someone that you respect.

## Things to Avoid:

**Water** ~ This is NOT the area to include a fish tank or water fountain. Water tends to drown out the fire energy.

**The Color Black** ~ Black and other dark colors compromise red, similar to the way darkness compromises the light. You want bright and light, not dark and night.

**Symbols of Poor or Bad Reputation** ~ Eliminate anything that represents unappealing character traits from this area. Here's an example: The car dealer that you are negotiating with has his office decorated with a picture of a snake eating bunnies and a stuffed shark hanging over the door. I wonder how abundant his sales are.

What you exhibit to yourself and others can help you or haunt you. The more you learn about the symbolism within Feng Shui, the easier it will become for you to make adjustments in each room.



*“Dream”*

**Feng Shui Tip of the Day:** Take care of the little things that have been piling up such as bills and letters. Doing this allows you to start with a clean slate and helps you gain a renewed sense of clarity.

## Enhancing Family

The **Family** section is located in the center, left quadrant of the Bagua Map. This area holds the energy of all your past, including but not limited to your relationship to your family. Here you will find the energetic foundation that you build your life upon. Some people have strong and healthy foundations, while others have cracked and crumbling ones.

Study the items you have in this section and see how they describe the way you are in relationships with family members or how comfortable you are about creating a prosperous life. This area actually controls your level of abundance, because if you don't believe you deserve abundance or love, it will show up in those parts of your life.

### Things to Include:

**Wood** ~ Wood helps create strength for your foundation. Furniture, picture frames, books, paneling, and tree-like plants will contribute to this section of your home. Using a real tree here can be symbolic of a “family tree” and it should remain healthy and happy.

**Green and Black** ~ The color green holds the vibration of wood energy and should be used abundantly here. Add a green throw on your couch to help add the wood element in the family room. Black is also useful, as it provides a unique ability to nurture wood.

**Plants** ~ A live plant can generate good chí just about any place, but particularly in this portion of the home.

### Things to Avoid:

**Metal** ~ Having metal in this section can harm the wood of your foundation. Think of metal as the ax that chops wood. Keep metal to a minimum here, or include more wood than metal can chop.

**White** ~ White walls should be balanced here with the addition of color to the ceiling or trim. Avoid placing a white, metal washer and dryer in this section. Add more black and green if you have either of these located here. Add colored scarves to white drapes.

**Round Objects and Shapes** ~ The most auspicious shape to have in the **Family** gua is columnar “tree trunk” shapes, not round ones. If you have a white china collection here, move it elsewhere, as white, round objects inhibit the growth of wood. Add a single picture of the entire family within a wooden frame to help support family ties.

It is also important to note, that family can refer to those with whom you feel like family. You should not include a picture of a family member who invokes bad memories in this area. Every photo should bring joy to your heart and strengthen your family ties, not the opposite.

When you include pictures of people you love in this section, there will always be a big shift in feeling as though you belong.

清和  
家

### *Peaceful House*

*“What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.” ~ Oliver Wendell Holmes*

## Enhancing Knowledge

The **Knowledge** section is perhaps the most under-appreciated section of the Bagua. Everyone wants to enhance their **Wealth** or **Relationship** sections and frequently ignore this critical zone.

A little wisdom can go a long way in just about every other area of life. It can assist you in not making the same mistake twice, or provide you with access to information that can boost your career. If you have performed Feng Shui remedies and aren't seeing results, it might be a good idea to take a look at the **Knowledge** area.

The **Knowledge** area is located at the bottom, left quadrant of the Bagua Map.

### Things to Include:

**Blue** ~ Blue is a color which assists you to focus inward and increase your brain vibes. You can paint the walls, ceiling, or trim blue, add a blue lampshade, or other blue objects.

**Light** ~ This is a good place to “shed some light on the subject” or get a “bright idea”, so add a good amount of light to this section.

**Symbols** ~ Use symbols or photos of wise people (Solomon from the Bible, Merlin, Mozart, Gandhi, Oprah) to obtain wisdom. Choose something that resonates within you, and you can expect powerful transformation.

**Meditation Items** ~ Knowledge can be gained through regular meditation and this part of your home or room can help hold that focus for you. Create a sacred space for quiet thoughts in your home and you will be amazed at how much more calm you will be.

**Sharp or Metal Items** ~ Placing a sharp or metal item in this section can assist you in being “sharp as a tack” or have a “mind like a steel-trap”.

## Things to Avoid:

**Alcohol or Drugs** ~ These things dull the mind and the senses and will sabotage any wisdom you try to muster up.

**Clutter** ~ If there is clutter in your home (especially here), there's clutter in your mind. Clear your mind by clearing out any unnecessary items from this part of your room or home.

**Unclear Stuff** ~ If you aren't thinking as clearly as you used to, it might be time to clean those windows, computer monitor, television, and glass in the doors. Remember the windows are the eyes to the soul and it is important to obtain clarity here.

**Unwise Symbols** ~ This probably isn't the best place to store your double-beer, crazy straw hat. Don't place anything here that can be misconstrued as a "stupid move", such as an old article about your coming in last in the track meet because your shoes laces were tied together. Be mindful with this area and pay close attention to what you send out to the universe and yourself.



*Each today, well-lived, makes yesterday a dream of happiness and each tomorrow  
a vision of hope. Look, therefore, to this one day, for it alone is life. -*

**Sanskrit Poem -**

## Feng Shui Balancing Tools

In Feng Shui, there seems to be much confusion about the remedies and accessories used to bring balance and harmony to a home, office, or room. The main reason I felt compelled to write this ebook was to help clear up some of the conflicting information presented in the vast amount of books.

As mentioned earlier, there are four methods of Feng Shui: Form, Eight Directions, Compass and Black Hat. I have used practices from all four, as I have found that they complement each other. I have met Feng Shui practitioners that are so set on their method, they totally dismiss the teachings of the others. Personally, I feel this is a mistake.

The foundation for every decision is knowledge about the effect of the remedy. Only those who have comprehended how something functions can make their individual decisions about whether they would like to utilize the respective accessories. If you don't understand how it's going to help you, how can you decide if you want to use it or not?

This chapter reviews some of the most powerful balancing tools used in Feng Shui and explains how to use them for optimum results. Because Feng Shui is a very personalized art, it is important to look for "hidden" meanings in the items you already have placed in the different sections of your home or office.

The following two stories can demonstrate how objects can interfere in ways we don't realize:

There once was a family consisting of a father, mother and son. The father and mother rarely spoke to one another and most of the time would use the son as a go-between. Located in their **Family** gua, were three porcelain kitten figurines. One kitten faced left, the other faced right, and the one in the middle faced forward.

Due to the positioning of these figurines, it appeared as if two of the kittens had nothing to "say" to one another, as they were facing opposite directions. The kitten in the middle was the only connecting link between the two kittens that had turned away from each other.

Once this was pointed out to the family, the porcelain kittens were repositioned in a circle and harmony was restored to the family. It truly can be as simple as this.

Another couple, who had been happily married for over 30 years, suddenly began to squabble with one another on a regular basis. This was very disturbing to them, so they contacted a [Feng Shui consultant](http://www.NikkeaBDevida.com)<sup>1</sup>.

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<sup>1</sup> [www.NikkeaBDevida.com](http://www.NikkeaBDevida.com)



Upon arrival the consultant immediately noticed a picture of two dogs fighting, placed in the center of the **Relationship** section. She asked the couple how long the picture had been there and the wife immediately responded that her husband had found the picture at a yard sale and had hung it there a few months before. She even went so far as to say the arguing had begun about that time because she had disliked the picture when her husband brought it home and she did not want it hanging on the wall. Every time she looked at it, it would anger her and she found herself getting “snippy.”

The consultant recommended that the picture be removed from the home and although the husband wasn't happy about it, he discarded the picture immediately. The arguing ceased and they recently celebrated another year of wedded bliss.

Being aware of the messages transmitted by pictures and objects is important when using Feng Shui. Keeping horror stories next to your bed at night may conjure up nightmares. Pictures of fighting dogs in the *Relationship* section, is a definite no-no. Keep these things in mind when using Feng Shui remedies and you'll soon be on your way to discovering how to bring balance and harmony into your environment.

## Symbols of Love for Heart and Soul

Love is the greatest source of our vital energy. It provides us with happiness, joy, contentment, strength, and warmth. Sometimes the flow of love gets clogged up or stops flowing altogether. When a relationship seems to become boring, tired, or weak, you can approach the situation with the supportive power of the love symbols.

**Pair of Dolphins** ~ Dolphins are symbols of the strength, joy, and serenity from the element of water, which represents communication and understanding, among other things. Pictures, wind chimes, sun catchers, figurines or an arrangement of two or more dolphins, help support us in finding the path to ourselves, to other people, friends, relatives and co-workers, in a loving, open, and harmonious manner. The most ideal location for dolphins is in the *Relationship* gua, but can also be beneficial in the *Wealth, Family, Knowledge or Career* sections.

**Wedding Photo** ~ A wedding photo is a remembrance of an extraordinary day. All photos are great providers of good energy since they remind us of specific moments and special feelings in our life. Partnership photos are great chí providers, but only as long as they radiate. If the pictures and frames are dusty, the chí will disappear. If you aren't inclined to clean, then it is better to make a photo album to place on the shelf in the *Relationship* area.

**Candles** ~ One of the best chí generators in the *Relationship* area is candles. If you are seeking a relationship, place two candles in one open bowl. This symbolizes an openness for love. The most auspicious color for the bowl is either green or lilac. If these colors don't suit your taste, select either a glass bowl or a black container (water element) and place fresh green leaves (wood element = growth) in with the candles.

One very important factor is the structure of the candles that are lit for love. If the candles flicker, hiss, and produce a long flame, this portrays a fiery, hot relationship. Candles that burn slowly symbolize a long and steady, but less fiery path of togetherness.

The form and color add an additional, deeper significance. When selecting the candles, act intuitively "from your gut" and choose your candles accordingly.

**Doves** ~ We frequently hear or say that two people in love are acting "love-dovey," and doves are a symbol for peace throughout the world. Two doves represent faithfulness, longevity, and love. The more they move in the same direction together or the closer they are to one another, the stronger their connection will be.

Doves should never "fly away" from each other or show each other a "cold shoulder" if they are meant to be a symbol of love. Doves offer an especially lovely effect in the *Relationship* area and in the bedroom. In any other living area, they intensify the togetherness and unity of any relationship.

**Pair of Rings** ~ Rings are a double symbol of love and symbolize unending, eternal love. You can use two gold bands, gold napkin holders, crystal glass spirals and the yin/yang symbol.

## Symbols for Prosperity and Wealth



**Good Luck Coins**<sup>1</sup> ~ Good Luck Coins are a symbol of our power to create a more generous, welcoming world for ourselves, our children and Mother Earth. Feng Shui teaches that three coins tied together with the auspicious red ribbon is a powerful symbol that brings prosperity and abundance. For centuries the three good luck coins inside a red envelope have been given to family and friends to wish loved ones true prosperity. The act of giving the good luck coins spreads happiness and good luck to those who receive them.

**Aquariums** ~ Aquariums should be bright, large and contain large, healthy fish. Ideally, nine fish will swim in the water. Eight of these should be colorful and the ninth should be black because it “eats up what is evil”. Since aquariums are usually illuminated, include white gravel for glitter and beautiful plants and decorations to create ambiance. Remember, the brighter, larger, and healthier the fish are, the more colorful, splendid and longer the person’s life will be.



**Money Tree** ~ A money tree can easily be made by using a boxtree, with its bush cut into a small sphere. The trunk symbolizes growth, the sphere is the world in harmony, and the round form represents coins. Together, it expresses a harmonious growth of the forces. Attach a white ribbon to the upper part of the trunk, right beneath the bush, to awaken the energy of money. There is actually a houseplant that is referred to as a “money” plant. This works just as well as a boxtree.

**Tabletop Water Fountains** ~ In order to further increase good fortune, add a tabletop water fountain to the *Wealth* section of a room. Clean, clear, and flowing water activates and strengthens every zone with the symbol of water that is moving (but not flowing away). However, if you have the feeling that money is flowing through your fingers, that your relationships are “watery”, or you are “drifting” in a situation in your life, then the existing water represents too much of a good thing. It’s best NOT to place a fountain in bathrooms or bedrooms.



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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

## Symbols for Protection



**Foo (fu) Dogs** ~ Foo Dogs have fear-inspiring faces and muscular bodies and are a mixture of lion and dragon. They always appear as a pair of twins and are positioned to the right and left of the entrance door. It is said that people with good thoughts can pass by the Fooks unhindered, but they see through bad people and refuse them entry.

**Rose Globes or Gazing Balls** ~ Rose globes protect the occupant of a house from negative energies that emanate from the neighbors, uninvited guests, or traffic passing by. Imagine placing a bowl upside down in the sink and then turning on the tap. The water runs down the outside of the bowl, is diverted away from it, and its flow is weakened. If you turn the tap on further, so that a powerful stream of water comes out, the water will spray away from the bowl. This is exactly what happens to negative energies. Energies that are slightly negative will be diverted, but strongly negative energies will bounce off and be diffused in all directions.



A few examples for using gazing balls include: If your neighbors are curious, use a **silver** globe to achieve a clear boundary. If you live near a church (confessions of sins) or a hospital (illness, suffering or death) you can counteract the heavy thoughts of the visitors with the color **mint green** or protect your own joy with **orange**.



**Stones** ~ Stones have a very important meaning in Asia and Feng Shui. There are often large stones with proverbs written on them in the mountains, at the edges of streets, at the entrances to towns, and at bridges. If your home is not guarded by an imposing stone, then you can search for one.

A protective stone is always 6 inches or larger and its form usually corresponds with the element of the person to be protected. Make sure you connect with the stone, as it will protect you for a lifetime.

If your home has already found its protective stone, then you should NOT remove this guardian. If you have no choice but to move the protective stone, be sure to select a place for it that has a higher quality and more beautiful appearance than its current location.

## Special Symbols for Good Fortune



**Red Envelopes or Good Luck Bags** ~ Red envelopes are used to enhance luck, prosperity and happiness. They are also used for protection from evil, inauspicious chí and to prevent negative events from occurring.

Insert three coins or bills in an envelope and place them above the frame of your doorway, in your Wealth gua, in your wallet, or with your financial statements. Some Feng Shui practitioners recommend placing one on each corner of your desk for wealth. In China, red envelopes are used to hold “luck money” or small, precious gifts such as jewelry or gold.

Their bright red color is considered yang – representing positive, active energy, protective power and luck. In China, it is believed that the red envelope will bring good luck to the person who receives it and to the person who gives it. Try it and see what happens!

**Ladybugs** ~ Many people who are interested in Feng Shui are somewhat concerned that their home will look too Asian after a consultation. Hanging up red tassels, bamboo flutes and lucky dragons, doesn't correspond to everyone's taste. However, there are many good-luck symbols available as alternatives.

These little bugs with black heads, red bodies and black dots, bring good cheer and good luck to anyone they land on. Even if it is very small, it is still a symbol of good luck and can be used to enhance any area.



## Powerful Enhancements



### FENG SHUI MIRRORS:

Mirrors are one of the most utilized cures for Feng Shui ailments because they are so versatile. Mirrors can be used to reflect, attract and duplicate energy, as well as to bring things together. The hard, flat, shiny surfaces help chí energy to move more quickly, and their reflective quality deflects some of the chí in other directions. Mirrors can be used to direct chí energy and light to a part of your home where chí energy is stagnant. They can also reflect energy away from an area that has an excess of chí and deflect channels of fast-moving chí energy, unfavorable chí or cutting chí.

If you have Shar chí (negative energy) directed at your home, you can use a mirror to deflect the energy. Shar chí can be a cutting energy from the corner of a neighbor's home or from excessive street traffic. Place a mirror on your home directly across from the cutting energy. The mirror does not have to be large in size and you should use caution with placement, as direct sun hitting the mirror can result in fire. Alternatively, use shiny reflective door fittings if mirrors are not a practical solution.

Mirrors can be used to complete missing corners of your home if you have a "U" or "L" shaped home. Locate the missing area and place a substantial object there such as a tree or heavy statue. This will help to ground this corner so that you can reclaim the missing portion of your life. Next, place a mirror on that object facing each corner of your home and a mirror reflecting back to the object. This will create an imaginary wall and complete the missing section.

To increase your prosperity, hang a mirror above your stove. In the Orient, the rice cooker is considered prosperous. In America the stove is the rice cooker. If you place one mirror to the left, right, or back of the stove so that you can see you have duplicated the burners on your stove, you will have duplicated your prosperity.

Mirrors should be large enough for you to see your entire head easily, or in the case of long mirrors, your entire body. Hang them so that the reflection does not cut off the top of your head.

Avoid having mirrors face you while you sleep. During sleep you expel unwanted thoughts and emotions through chí leaving your body. A mirror reflects some of this unfavorable chí back at you. You don't want that to happen, do you? If you are unable to remove the mirror, cover it with a scarf or towel during sleeping hours.

Do not hang mirrors opposite each other, as the chí energy moves back and forth and cannot move on. Avoid placing mirrors on window sills. This confuses the flow of chí through the windows. Do not place mirrors opposite windows or doors as this reflects back the chí entering the room. Keep mirrors clean. Replace broken or cracked mirrors promptly.



## FENG SHUI CRYSTALS:



The main purpose of using crystals is to transmute energy. Hanging crystals in the windows, doorways, and hallways are a great all-purpose cure that every home should have. They are an excellent remedy to enhance relationships and to attract wealth and good luck. The crystals must be faceted and the size will depend upon the size of the ailment you are trying to cure. When Shar chí enters the ball, the facets deflect the energy, break it up and turn it into soft energy.

Crystals are known for their power to energize and have been used as a healing cure for thousands of years. Crystals bring a balance of yang energy to the body and mind. When sunlight hits the crystals, beams of colored light radiate in all directions activating chí energy.

Hang lead sphere crystals in windows to transmute Shar chí entering your home from the street. Hang in an entryway or long hallway to slow down the energy.

Crystals activate the chí in any room and create beneficial luck and fortune for the occupants. They also boost and balance yang energy.

## FENG SHUI CANDLES:

Ancient sages used candle lighting to enhance chí and mastered the effectiveness of lighting colored candles at certain times for different reasons. Candles are a good tool for designing a rich and rewarding life using the nine Gua's (areas). Candles can activate the relationship you are seeking and will enhance the success, wealth, prosperity and fame that you are searching for.

The Chinese believe everything in the universe is composed of Five Elements. These elements are Wood, Fire, Earth, Metal and Water and are the foundation theory for Feng Shui balance. There is a creative cycle and a destructive cycle within the Five Elements.



During the creative cycle, Water nourishes Wood, Wood makes Fire, Fire creates Earth, Earth creates Metal, and Metal carries Water. The destructive cycle shows how each can be destroyed by the other. Each element has its enemy that weakens it. Fire is weakened by Water, Fire melts Metal, Metal cuts Wood, Wood displaces Earth, and Earth slows or stops the flow of Water.

The task of Feng Shui is to use the Five Elements to strike a balance between yin and yang and create balanced Chí. One way to achieve balance and to avoid the destructive cycle is to light a candle that represents the element you need enhanced in your home or office. The belief is that balancing the Five Elements affects one's fortune. The following will assist you in creating perfect balance and harmony.

Light a candle that represents the **Water Element** to be in the flow and feel the energies that cycle through life. The colors of the Water element are black, charcoal gray and midnight blue. The Water element promotes inner development, tranquility, spirituality, sexual activity, sleep, independence, objective thinking, being affectionate and conception. It is helpful for elder people, stress, insomnia, convalescence, ill-health and sexual problems.

Light a candle that represents the **Wood Element** for active participation, new ideas and reaching out. The colors of the Wood element are greens, blue greens and brown. The Wood element promotes new projects, career, activity, being busy, ambition, concentration and initiative. It is helpful for young people, rebuilding a career, lack of confidence, lack of drive or motivation and lethargy.

Light a candle that represents the **Fire Element** to connect with your higher purpose, open-heartedness, fun, laughter and networking. The colors of the Fire element are red, purple, orange and bright yellow. The Fire element promotes passion, expression, fame, social activities, mental stimulation, new ideas, sociability and spontaneity. It is helpful for adults, inability to meet people, feelings of life passing you by, lack of inspiration, isolation and shyness.

Light a candle that represents the **Earth Element** for nurturing, receiving balance, stability, feeling total support from the universe and our choices. The colors of the Earth element are light yellow, beige and tan. The Earth element promotes stability, steady progress, security, caring, family harmony, nurturing, motherhood, home, caution and methodical thinking. It is helpful for early middle age, starting a family, family quarrel, being too impulsive and taking too many risks.

Light a candle that represents the **Metal Element** to connect with your intuition and creativity. The colors of the Metal element are white, metallic gold and silver. The Metal element promotes planning ahead, finances, leadership, organization, completion of tasks, business and budgeting. It is helpful for later middle age, being disorganized, inability to plan ahead, lack of control, lack of self-discipline and inability to finish things.



## FENG SHUI COLORS:

Color affects people physically, emotionally and psychologically. By using just one of the Feng Shui colors, or a combination of two or more, you can strengthen the elements of Feng Shui. Feng Shui colors are divided into the cool (yin) and warm (yang) areas because all things possess these two components and their balance creates wholeness.

The guiding principle in using Feng Shui Colors should be to achieve balance rather than excess. When you are planning the color scheme of your home, office or garden, the following characteristics of the Feng Shui Colors will give you insight into how they can be used in decorating your space.

**Blue** (Yin) ~ Calm and soothing, this color reflects love as it heals and relaxes. Blue creates a feeling of peace and trust. It is the color of the sea and sky, so it tends to represent adventure and exploration. It is also relaxing and calming. Navy blue is the color of intellect and wisdom.

**Black** (Yin) - Symbolizes money and income. Black is great for careers, especially when combined with metal (the color of emotional protection and power).

**Purple** (Yin) - Purple, like blue, is the spiritual end of the color spectrum and is the color for royalty. It boosts spiritual awareness and is excellent for physical and mental healing.

**Green** (Yin) - Green is refreshing, nurturing, balancing and normalizing, as in being surrounded by the lush green of nature. It is the color of harmony, balance, healing and health; physical, emotional and spiritual. The color is good for growth and expansion, and it is peaceful and calming.

**Pink** (Yin) - The color of love.

**Silver** (Yin) - The color of the trustworthy and the romantic.

**Gray** (Yin) - Gray is neither black nor white, it is the color of dead and dull; indefinite.

**White** (Yang) – White is the color of purity, goodness and trustworthiness. It symbolizes poise and confidence. White is more powerful when it is combined with gold or silver to generate an atmosphere of influence and control.

**Yellow** (Yang) - Considered as auspicious as red, yellow represents sunbeams, warmth and motion. This color can make you feel cheerful. However, according to a noted color consultant, prolonged exposure to large amounts of intense yellow can cause anxiety. Yellow is the color of communication and health, cheerfulness and friendliness.

**Orange** (Yang) – Orange is the color of organization; provides a sense of purpose and strengthens concentration. Wear orange when you need to be creative.

**Tan/Beige** (Yang) - The color of the earth, portrays neatness, helps conceal emotions.

**Brown** (Yang) – Brown is symbolic for the color of industry and represents being grounded and hard working.

**Red** (Yang) - This is the color of good fortune as it attracts recognition and respect for the person who uses it, especially in the winter. Red is the color of luck, money, joy, protection and being physical. It is a color of confidence.

**Mauve** (Yang) - The color of world consciousness.

**Maroon** (Yang) - The color of maroon is neither red nor blue and it represents indecisiveness.

**Lavender** (Yang) - Is the color of sexual indecision. Suggests an ability to be manipulated.

**Gold** (Yang) - The color of God consciousness.

**Feng Shui Tip of the Day:** To increase your wealth, bury nine I-Ching<sup>1</sup> coins beneath the dirt of a large plant and place in your Wealth section.

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

## 21 Feng Shui Tips

**Tip #1 ~ Activate Good Luck with Goldfish:** Goldfish bring good luck in Feng Shui. Placing goldfish, koi or carp inside the home or office aquarium will activate good luck. To generate the most luck, use nine fish – eight red or golden and one black. When one dies, replace with a new one. The most auspicious place for the aquarium is in the living room of a home, the front entrance of the office or outside in a pond, positioned in the front of the home or office. A balanced Feng Shui home, office and garden is well light, has a gentle breeze and can sustain animal and plant life.

**Tip #2 ~ Promote Harmony with Houseplants:** Houseplants promote good energy by putting oxygen into the air. The wood element represents spring, new beginnings, growth and wealth, so it is important to place houseplants into every room. Colorful flowers bring even more balance into your life.

In the bedroom, promote yin energy for resting and romance by using plants with round, soft leaves. If you want to attract wealth, use plants with round edges, like jade, which symbolize money. Offices contain much yang energy due to the electrical equipment and hard surfaces. Fill your office with soft plants to add more yin energy.

Avoid plants with sharp, pointy leaves or thorns, including cactus and spider plants, because they give off negative energy. Choose plants that are hearty and vigorous. Throw out diseased or dying plants, as they give off Shar chí (negative energy).

**Tip #3 ~ Attract Money Luck with Bells:** Hang small bells on the outside of your main door of your home or office. Symbolically the sound of bells ringing announces the coming of good news and prosperity. Choose small bells made of metal, ceramic or crystal. When you use bells as a Feng Shui cure, you should tie them together with red thread or ribbon, as this activates the good luck.

**Tip #4 ~ Boost Good Luck and Wealth with a Fountain:** Need increased prosperity, an energy boost or better health? A tabletop fountain with the soothing sound of flowing water is just the ticket. Whether on a desk, in the front entrance, living room or kitchen, nothing attracts wealth and good luck like a water fountain.

Water fountains that pool water, symbolize pooling wealth. The water element is about the flow of energy and clarity and it attracts life force chí. Chí enhances health and prosperity. Place the fountain so that the water flows to the center of the room for maximum results. Running water helps move positive energy through the space and is extremely soothing and calming. Make sure to keep it clean and flowing at all times.

**Tip #5 ~ Add light to stimulate new ideas:** Light enhances creativity and new ideas. By adding light to any specific area, you are adding illumination and *chí* is activated. You can enhance creativity in your Career, Wealth, Helpful People, Relationship or Fame area by adding light. Examples of light come from natural sunlight, electrical lights, candles, holiday lights, oil lamps, or from a natural or simulated fireplace. Use caution when selecting lampshades. In Feng Shui, a black lampshade symbolizes a funeral shroud or casket, and would create negative energy in the home. Use colors that represent aliveness and positive energy.

**Tip #6 ~ Clear Clutter to Enhance Prosperity:** Clutter and junk in your *Wealth* area can cause financial problems. Clutter can also interfere with all other areas of the Bagua and can negatively affect your fame, relationships, career, knowledge, family and health. Clutter absorbs vital *chí* and decreases the flow throughout your home. Clutter has many physical and mental effects including congestion of the body, weight, the way people treat you, make you procrastinate, feel ashamed, make you feel disorganized and distract you from important things. Start clutter-busting today and make room for the things you really want.

**Tip #7 ~ Soften all of your Corners with Feng Shui:** Structural corners or corners of furniture pointed toward a door become ‘poison arrows’. They cut *chí* and push people away, making them feel unwelcome. They are symbolic of annoying pointers, jabbing and pushing people as they pass. It is best to choose furniture with rounded edges. Soften structural corners with screens, fabric coverings or plants.

**Tip #8 ~ Add Yang energy to your Bathroom:** Bathrooms are the most yin rooms in the house because of the amount of water used. It can also be the most draining. Use tiles, chrome, glass and marble to add yang energy. Lighting is a great source for positive yang energy and attracts more *chí*. Mirrors will give the illusion of space in a small, poorly lit bathroom.

It is especially important to keep the bathroom clutter free, as clutter absorbs *chí*. Pastel and pale colors are the most auspicious and will help to lighten a dark or small room. Include healthy green plants to absorb humidity, add yang energy and reduce the draining effect from the water element.

Candles boost yang energy with their Fire element and can eliminate unpleasant odors.

**Tip #9 ~ Hang Positive Art in Your Office:** Feng Shui is about landscape, so hang paintings or pictures in the office with landscape art. Place a painting of a mountain behind you, as this is symbolic of having support. Hang a picture of a water feature in front of you, as this is representative of abundance. Pictures of flowers or fruits are most auspicious when placed in the Family gua. Avoid abstract art that includes sharp edges, romantic art or art that is symbolic of romance, as well as paintings with wild animals, as they can create problems. Avoid art that depicts anything negative – i.e., war, famine, abuse, hostility, fighting.

**Tip #10 ~ Use Flowers for Good Luck:** Fresh flowers in a living room or office creates refreshing yang energy and brings in good feelings and mood. Flowers are auspicious in rooms where people gather, such as living rooms, dining rooms and offices. Fresh flowers should be presented in pairs or bunches and should be thrown out as soon as they start to wilt. Anything dead or decaying represents death and dying and creates negative yin energy.

**Tip # 11 ~ Shine a Light on Your Career Path:** To improve chí energy and increase luck, shine a light on your career area. Adding light to any specific area will add illumination and activate chí. Illumination and light can come from natural sunlight, electrical lights, candles, holiday lights, oil lamps, or from a natural or simulated fireplace.

**Tip #12 ~ Bring in Fresh Ideas by Clearing out Old Books:** Books can be clutter. Go through your books and let go of any that no longer have meaning. This allows you to bring in fresh ideas and keeps you active and open in your thinking.

**Tip #13 ~ The Most Auspicious Bed Position:** Position your bed with the headboard against a wall that gives you a clear view of the door. Make sure that your feet are not pointed out the bedroom door. Your head or feet should never be pointed toward a toilet, nor should your headboard be placed directly under window. Do not sleep directly under a ceiling fan or beam.

**Tip # 14 ~ Cool Tips for Hot Summer Days:** You can help cool down your environment by adding touches of blues and greens. Add green plants, blue flowers, or artwork in these colors. Display a painting of the ocean.

Natural light brings important energy to a room, while bright lights feel hot. Keep lights turned down or use soft white or pink bulbs.

Water features of any kind are a great way to bring in cool energy. Tabletop fountains are perfect and can be easily made from household items and a small (50 gallon) aquarium pump. If fountains aren't for you, consider a simple clear glass bowl filled with water and decorative stones or rocks and add a few blue flowers or a green plant. An aquarium or fish bowl will work well. Whatever water feature you choose, remember that it must be kept clean and in good working order, as stagnant water creates stagnant energy.

**Tip #15 ~ Heat Up Your Relationship in Winter:** There are many remedies for creating a loving, nourishing relationship.

- ❖ Place two red or white candles in the upper right corner (relationship area) of your bedroom. Two candles represent love and partnership and the candles will heat up your relationship and your love life.
- ❖ Include round, soft-leaved plants in your bedroom to promote Yin energy for resting and romance. Add flowers in your relationship area that are beautiful, fragrant and full of life.
- ❖ Use the colors of white, red and pink in your bedroom.
- ❖ Use splashes of the color red in your relationship area. Red is the color of joy, luck and prosperity and is the color of the heart. Place a red, silk scarf over the lampshade in your bedroom.
- ❖ Balance your relationship with matching nightstands and table lamps.
- ❖ Avoid using mirrors in the bedroom. They reflect extra people in your relationship.
- ❖ Add symbols that mean love to you. This could be a picture of two people strolling down a beach together or two love birds sitting on a mantel. Be creative!
- ❖ Keep pets out of the bed and relationship area. They suggest a relationship with the pet rather than a romantic partner.

**Tip #16 ~ Use I-Ching Coins to Improve Your Wealth** ~ Tape three [I-Ching Coins](#)<sup>1</sup> tied with a red thread, Yang side up, to your most important file in the office. The Yang side has four characters and the Yin side has two characters. This can be your file of bank accounts, invoicing file, potential customer file. Placing the coins there will ensure your cash flow stays healthy throughout the year.

To attract money luck into your home or office, hang three I-Ching Coins on the door handle inside your main door. Tie the coins together with red string or thread in 9-inch increments to activate the prosperity already inside.

To activate a never-ending source of income, tie three I-Ching Coins with 9-inches of red thread and place them in your wallet. A great resource for purchasing I-Ching coins [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com).

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)

**Tip #17 ~ Boost Personal Clarity with Crystals:** Enhance mental clarity and expand your thoughts by hanging a faceted crystal ball in the **Knowledge** gua of your home, office or bedroom, or one in each room. For a richer effect, hang your crystal with fishing line and add a red ribbon, cut to a multiple of 9" in length (i.e., 9", 18" or 27").

To enhance your career, hang a crystal over your head where you sit at your desk. This cure protects you from attack and stimulates an expansion of knowledge and ideas, including clear thinking and better decision making.

Program your telephone to ring with good news, personally or professionally, by hanging a faceted crystal over the phone in your home or office. This remedy promotes more phone calls with good news or sales. Visualize the phone ringing often with the news that you are looking for.

Enhance inner growth, peace and deeper sleep with a crystal over your bed. This cure promotes ease in falling asleep, peaceful dreams, calmness and freedom.

**Tip # 18 ~ Use Plants and Flowers to Create Harmony and Balance:** Plants are uplifting, stimulating and emanate good energy and support for the people and the environment. Plants are of the *Wood* element and represent growth, self-assertion and livelihood, so it is important to place houseplants in every room.

Colorful flowers bring in even more harmony and balance into your life. Purple flowering plants, placed in the furthest left quadrant (from the main entry door) of your home or room, can attract more wealth. Pink, fuchsia and red flowers promote love and should be placed in the *Relationship* gua – the furthest right area of your home or room.

The secret is to create an indoor atmosphere that is a good balance of both Yin and Yang. Yin is passive, nurturing, soft and dark and Yang is active, aggressive, hard and bright. Never use cactus plants inside your home, or plants that grow down.

**Tip #19 ~ The Orange Peel Cure:** As wacky as this may sound, it really works. If you are nervous about a meeting with your boss or perspective client or you need extra protection around a person, you can protect yourself with the orange peel cure.

In the morning, peel a fresh orange and put nine pieces of the peel in your pocket. Carry around the peels until the situation is complete. Nine is a very auspicious number in Feng Shui and it means culmination and completion. Visualize being protected throughout your situation. Each time you notice the peels in your pocket, repeat the visualization.

**Tip #20 ~ Your Front Door can Enhance Your Health & Wealth:** Is your front door hidden? Does your home or office face away from the street? If your entrance cannot easily be seen from the street, opportunities and income have a harder time getting to you. This can affect your wealth, helpful people, health and other life areas in a negative way.

Direct chí to your front door by placing lights or moving objects like flags, a water feature, or wind socks along the path. When making these changes, visualize that you are easily found and attract many positive prospects.

Additionally, make sure the numbers of your address can be read clearly from the street. Make sure the condition and appearance of the door are good and that everything works smoothly.

**Tip #21 ~ Boosting Metal Energy to Improve Finances:** Boosting metal energy in your home or office will help you reap the rewards of your hard work. The simplicity of a clutter-free, well-lit, all white room gives a sense of release and freedom and enables clear thought, precise action and completion of tasks.

Objects like domes, arches, clocks, metal, stones, gems and crystals in the home or office promote planning ahead, leadership, organization, business and finishing projects. Items with circular designs, round or oval, metal objects, the color of white, gold and silver promote finances and budgeting.



## Glossary of Feng Shui Terms

**Altar** ~ A raised structure on which offerings are placed. Adorn with hanging crystals, handmade incense and fresh fruit or flowers. The most favorable placement of your altar is facing your front door where it can be seen as you enter the building.

**Antiques** ~ Collecting antiques can be a risky business in Feng Shui terms, because it can be difficult to learn the history of each piece and its owners. If the previous owner of an item lived an unlucky life or was surrounded by negative energy it is possible that you can bring this energy into your home through that item. Some antiques that are passed down from a family member to another can be quite auspicious if the owner has lived a fortunate life. Collecting antique weapons is especially bad Feng Shui, as it is most likely that the weapons have been used at some stage and are therefore holding on to Sha (negative) energy.

**Aquarium** ~ A water feature that brings good Feng Shui, especially if it is a home for lively fish. It symbolizes growth and activity and is best placed in the wealth area of the home.

**Arrows** ~ Secret arrows or Poison arrows symbolize killing energy or bad Feng Shui. These can be caused by poor furniture placement in the home such as sharp corners pointing at you or a T-intersection outside your front door. These can also be from tall buildings or rooftops across from your home or office.

**Artwork** ~ The artwork you display in your home can cause good or bad Feng Shui. The color, content and orientation of the art all have Feng Shui implications. Placement of a mountain behind your desk symbolizes strength. An open field in front of your desk symbolizes clear sailing or smooth operation with few obstructions. Water or fish in front of your desk brings good luck. Any depictions of fear, sadness or sorrow will affect the health of the occupants.

**Auspicious** ~ Favorable, positive, good luck.

**Bagua** ~ 'Ba' means eight and 'Gua' means trigram in Chinese. The Bagua consists of eight sacred emblems sometimes called trigrams, directions or activities. It is used to encourage the flow of Chí (life force), which is regarded as the primary building brick of the universe. The Bagua is said to have been found inscribed on the back of a turtle that rose from the yellow river at the dawn of time. The secrets of the universe were believed to be contained within. The Bagua can be used in Feng Shui to balance and move Chí. The Bagua ideally should be blessed.

**Bagua Mirror** ~ Feng Shui considers the Bagua Mirror to be of great importance in correcting Feng Shui predicaments by deflecting almost anything that creates negative Chí, i.e. poison arrows (corners of buildings pointing at your home or business). You can place them outside your home for protection. **Never use a bagua mirror inside the home. It is for outdoor use only and should never be directed at your neighbor's home.**

**Bamboo** ~ An excellent plant or wood to use with Feng Shui, it symbolizes longevity. Bamboo stems are good for slowing down the flow of Chí. Tie them with a red ribbon to provide the Yang energy required. Hung from the ceiling they counteract the negative energy of overhead beams to soften the negative effect that they produce.

**Bats** ~ Bats are symbolic of good fortune. Most evil energies are deterred by a symbol or picture of a bat, or five bats, therefore bringing the occupant protection and luck.

**Beaded Curtains** ~ A good Feng Shui cure for afflicted doorways. Doorways directly opposite each other in a hallway can cause confrontation and misunderstanding between occupants. In this case place a beaded curtain over the doorway as a cure. A beaded door curtain can also be used in front of a bedroom doorway that directly faces the front door.

**Beams** ~ Exposed beams can be bad Feng Shui as they are like heavy loads on the body which can have disastrous effects on one's health. Never sleep under, or even worse, place a child's bed or cot underneath exposed beams, as it can lead to extreme illness. If it cannot be avoided contact a Feng Shui practitioner<sup>1</sup> to assist with this problem.

**Bells** ~ The brass bell is used for clearing, protection and activation. Hang bells from an entrance door to 'announce' anyone entering. Not only will it announce people but the beautiful sounds will deter and distract any bad energy from entering the premises.

**Birds** ~ Birds in general have the symbolic meaning of Happiness. Some birds in particular carry other symbolism. The Crane symbolizes loyalty and long life, while the legendary Phoenix is symbolic of gracefulness. Birds bring good luck when placed in the garden, however, the keeping of caged birds is bad Feng Shui as this represents confinement and the stunting of growth. It is especially harmful to career prospects.

**Birdbaths** ~ Excellent water features for the garden. The water must be clean and changed daily if necessary, as water brings wealth to the occupants. Do not allow water to be depleted or become stagnant or money problems will increase.

**Bookshelves** ~ Exposed bookshelves can be an attractive feature, but books that are crammed in together create stagnant chí. Where possible avoid placing them where the corners are directed at you or guests. If it is unavoidable, enclose them with doors or a curtain. Bookcases should be kept free of clutter. Do not allow junk to accumulate here. Books that are crammed in together create stagnant chí which will not benefit the occupants. Exposed shelves without books are like blades cutting through you and can be hazardous to you health. Be sure that they are kept well stocked with books and perhaps some beautiful book ends/separators.

**Butterfly** ~ For centuries butterflies have symbolized new beginnings, summer and great joy. They also aid in recovering from illness. A butterfly mobile is a great remedy!

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<sup>1</sup> [www.NikkeaBDevida.com](http://www.NikkeaBDevida.com)

**Cactus** ~ An effective plant for use in the garden to protect your home. The thorns or needles counter Sha chí (negative energy) headed in your direction. They are bad Feng Shui when placed inside the home or at the front door as the thorns will capture and contain Sha within the home, causing misfortune, illness and bad luck.

**Candle** ~ Lighting a candle gives a softer light, which is warm, inviting and peaceful. Use pairs of candles in the bedroom to enhance relationships

**Cats** ~ Cats symbolize protection against evil spirits. You may display the symbol of the cat in the Wealth area or in the Knowledge section. According to the ancient Egyptians cats were worshiped and kept as pets, mostly by royalty. This was because they believed that all evil spirits were afraid of the distinctive features of cats and thus making them a protective necessity in their home.

**Celestial Animals** ~ The four celestial animals are the Red Bird, Green Dragon, White Tiger and Black Tortoise. The Red Bird should be used in front of a building. Place the Tortoise at the rear of the building. Standing inside the building facing the front, the Green Dragon should be to the left and the White Tiger on the right.

**Chandeliers** ~ Chandeliers are excellent Feng Shui when placed just inside or outside the home because they encourage Chí to enter.

**Chí** ~ Chí means positive energy and is used in Acupuncture, Martial Arts, and Healing Medicine. Feng Shui strives to harness the power of this energy, improving its flow, imparting its power and at times slowing it down to reap its benefits. Like electricity, it is an invisible force but we can feel it and we can take care how we handle it.

**Clothing** ~ The clothes you wear have significance to Feng Shui. Wearing tattered and torn clothing attracts poverty energy, which often brings about bad luck. Unflattering clothing has similar effects but also makes you feel self-conscious and lowers your Yang energy, making you feel lethargic and vulnerable. The colors you choose will also bring good or bad luck.

**Clouds** ~ Symbolize heavenly blessings.

**Colors** ~ Color amplifies the five elements and when used correctly it helps create good luck.

**Wood** = Brown and greens; **Fire** = Red, orange, pink and purple; **Metal** = White, silver, gold, bronze and chrome; **Earth** = Khaki and light yellow; **Water** = Blue, purple and black. Color combinations bring good or bad luck.

**Good combinations include:** black and white; red and gold; deep purple and silver or chrome; two reds, one yellow; two yellows, one white; two whites, one blue; two blues, one green; two browns, one red.

**Bad combinations include:** Two reds, one white; two whites, one green; two greens, one yellow; two yellows, one blue; two blues, one red.

**Corners** ~ Protruding corners are bad Feng Shui as they disrupt healthy chí flow by sending out negative energy and can create havoc. Place a tall, round leaf plant in front of the corner as a cure. Alternatively, you can hang a crystal, place mirrors, or drape some fabric in front of it to soften the effect.

**Corridors** ~ Long, straight corridors act as arrows projecting Sha chí (negative energy). Placing plants and wind chimes along the corridor will help reduce the negative impact.

**Crystals** ~ Crystals are considered to bring luck to education, romance and social interaction. Hang an amethyst hanging crystal above the front door, in the inside, to deter thieves from your premises.

**Doors** ~ The size, position and number of doors of a house are important factors in Feng Shui. The front door is especially significant as it is the main point of entry for chí. Bathroom and toilet doors should remain closed and doors should not face each other if possible.

**Dragon** ~ Dragons will bring power and influence wherever you choose to place them. The dragon supports the water element and is best placed facing clean water such as an ocean, river, stream or a fountain. If you place a dragon in front of the entrance door, inside, it will bring great protection to the premises and the occupants.

**Driveways** ~ A circular driveway is best for Feng Shui, as the round shape signifies abundance and progress. Straight lines form poison arrows and can direct Sha chí (negative energy). Never have a driveway that points directly at your door. Where possible make the driveway curve. Break up its edges with overflowing flowerbeds to remove the hard angles.

**Elephants** ~ The Elephant is the symbol of strength, wisdom and prudence. Elephants should be placed high on a mantel, shelf, or on an altar for recognition.

**Elements** ~ Feng Shui is based on the interaction between the five elements that are Water, Wood, Fire, Metal and Earth. Finding a perfect balance for these five through placement is the key to good Feng Shui. Too much of an element can take over another so be sure not too use too much or too little of an element.

**Fire** ~ One of the five elements, Fire is symbolized by triangular or pyramid shapes and the color of fire is red, orange, pink and purple.

**Fish** ~ Fish represent success and keeping them in a pond or aquarium is said to bring good luck. Symbols of fish or artwork containing fish may be placed in the study or office to bring success and good fortune in business.

**Flutes** ~ Bamboo flutes are one of the best Feng Shui enhancers available. They are a symbol of strength and support. It is recommended that when you hang your flute, make sure that the mouthpiece is up. Bamboo flutes create strength and support in any situation, delivering a message of peace and safety. Great to hang over the front door for security of the home or for use on exposed beams to rid their harmful effect.

**Foyers** ~ These should always be spacious and well lit to attract positive chí.

**Frogs** ~ Frogs are said to bring good luck. The three-legged frog (also called the Money Frog) holds a coin in its mouth and signifies the bringing of gold or good fortune.

**Foo (Fu) Dogs** ~ Foo dogs are highly valued for their fidelity and symbolize the role of guardian. Place them near the front door for protection of the home. Also symbolic of future prosperity.

**Globe** ~ A very strong symbol of the Earth element, globes will bring good education luck when placed in the Knowledge gua of a student's room.

**Gold** ~ Symbolizes wealth.

**Horse** ~ The horse symbolizes endurance, courage and speed..

**I Ching Coins** ~ Chinese coins symbolize prosperity.

**Inauspicious** ~ Unfavorable, negative, bad luck.

**Incense** ~ Used for purification and clearing.

**Jade** ~ Jade is a sacred stone in China, as it is known to be worn for promoting longevity. Bury a piece of jade in the garden to improve the life of your plants. To double your wealth, plant a Jade plant in the garden.

**Jasmine** ~ A well known flower in Asia that enhances romance, love, warmth and joy. Burn some Jasmine essential oil, in an oil burner, in your Relationship or Health gua of the home or workplace to reduce anxiety, stress, moodiness and bitterness.

**Juniper** ~ Juniper has a healing property. Burn some Juniper essential oil, in an oil burner, to enhance positivity, calmness, inner wisdom and openness. It will also help to reduce nervous tension, sleeplessness and lack of vitality.

**Lake** ~ A lake situated in front of the home is said to attract good luck. Ideally the lake would have clean water, full of life such as fish and frogs and plants. A lake to the right of the front door is better than a lake to the left. Importantly, ensure that there is a view of the lake from the living room. More importantly, never face your home away from the lake.

**Lights** ~ Table or floor lamps can be used to stimulate Yang energy and can be placed anywhere in the home to energize an area such as on a table or in a dark corner of a room. The only thing to be wary of is the brilliance or harshness of the light emitted. A soft, warm glow is ideal.

**Lilies** ~ Lilies symbolize Yang energy and profusion. White Lilies also represent good fortune enhanced by their pure healing energy. Place fresh lilies in a vase in the Children & Creativity or Helpful People guas of the premises.

**Lions** ~ A pair of Lions at the front door or gate symbolizes protection against negative influences. Fu Dogs make an excellent alternative.

**Lotus** ~ A flower symbolic of good fortune and spiritual development. A lotus pond in the garden is considered most auspicious.

**Lotus Seeds** ~ The seed of the lotus is an excellent symbol for attracting good luck to one's descendants. Place them in a bowl and keep them in your home.

**Magnolia** ~ A magnificent shrub with exquisite heavily perfumed flowers, considered to symbolize femininity and beauty.

**Mandarin Ducks** ~ Used to attract the luck of romance and love as long as they are kept in pairs. An ideal Feng Shui wedding gift.

**Metal** ~ One of the Five elements of Feng Shui.

**Mirror** ~ A tool frequently used in Feng Shui in a variety of ways. Their reflective quality can change the appearance or shape of a room. If you place a large mirror in the dining room as to double the food offering, you will also be implying abundance of the families' wealth and health. This doubling effect is also used by the cash register to improve cash flow.

**Money Cats** ~ Cats symbolize protection against evil spirits. Display the symbol of the cat in your Wealth or Knowledge gua's.

**Money Frogs** ~ The Money Frog is considered to be conducive to good fortune and wealth building. The Chinese consider the Money Frog a mystical heritage in their way of life, as it attracts prosperity. Place the Money frog in the workplace near the cash register or where ever money transactions are made, as it promotes positive flow of wealth and money luck. In the home place the Money Frog near the main entrance, in the Career area or in the Wealth area for optimum prosperity.

**Money Luck** ~ Symbols used to attract money energy are coins, animals carrying coins, and wealth deities.

**Money Tree** ~ A Feng Shui cure. You can make your own money tree in two ways. The first is to tie nine I Ching coins<sup>1</sup> with a red ribbon, place them inside a lucky red envelope and bury it in the soil of a healthy plant (ideally a Jade plant). The second way is to tie three I-Ching coins with a red ribbon and place them under a potted plant. This symbolizes growth in your finances. You can also purchase a houseplant referred to as a "money" plant.

**Mountains** ~ A symbol of strength and endurance and the home. Represented with pictures or artwork you should always display this symbol behind you for support and stability and to protect against misfortune. Place in your home office or Wealth gua of the home or workplace.

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<sup>1</sup> [www.Dragon-Gate.Opportunity.com](http://www.Dragon-Gate.Opportunity.com)



**Orange** ~ The color and the fruit symbolize wealth. A good color to use in the home office or business. Place a bowl of oranges in the conference room or sales department of your business.

**Orchids** ~ Symbolic of strength and courage they are a long lasting flower that brings good ch'í and therefore promote a long stay in your career.

**Peacock** ~ the Peacock is a symbol of dignity and beauty.

**Peony** ~ A flower symbolic of good luck in romance. Best displayed in the living room but considered inauspicious when displayed in the bedroom as it may cause the male to feel too amorous, and wander.

**Phoenix** ~ Considered to be the bringer of great opportunity, it is the mate of the Celestial Dragon. Together the Phoenix and the Celestial Dragon symbolize conjugal happiness.

**Plants** ~ Symbolize the growth of the wood element. Keep them healthy to benefit from them. Sick or dying plants should be discarded promptly.

**Poison Arrows** ~ Also known as 'secret' arrows. These are harmful, hostile structures that send Sha (negative energy) toward the home. Depicted by crosses or sharp angles directed at doorways or along pathways leading to doors. They also take shape in the poor alignment of furniture or walls. They can be deflected with mirrors or their pathways obstructed with large plants. Altering the position of a doorway is another method but obviously more difficult.

**Pomegranate** ~ Any display of the Pomegranate in the bedroom is said to enhance the chances of having many healthy, prosperous children.

**Ponds** ~ A water feature such as a pond, especially if it contains fish or frogs, are considered extremely lucky.

**Purple** ~ An auspicious color on its own; considered very lucky when combined with silver or chrome.

**Quartz Crystal** ~ Considered to bring luck to education, romance and social interaction.

**Quan Yin** ~ Helps to beautify your home and bring balance to the heart. She is the Chinese goddess of compassion. Excellent for enhancing love in the home and is auspicious for the relationship area.

**Rectangle** ~ Represents the wood element and symbolizes growth.

**Red** ~ The most auspicious color. It strengthens and energizes wherever it appears and is representative of the Fire element. However, if fire gets out of control it will burn, so use this color wisely.

**Refrigerators** ~ Never place a refrigerator (water element) beside a stove (fire element), as the two elements clash and destroy the balance. The same applies to the dishwasher and sink, as both are water elements. Place something that represents earth between them, such as a pottery vase.

**Rock** ~ A symbol of endurance and energizer of luck. Tie with a red ribbon and place them in the bathroom to help overcome the effects of polluted chí.

**Romance** ~ Bring good luck in romance and love by energizing the Relationship section of the living room or bedroom. Try using a pair of Mandarin Ducks, quartz crystals or red/pink candles in this area.

**Rooftops** ~ Symbolically water above a mountain brings ill fortune; it is therefore advised to avoid blue colored rooftops, water fountains, ponds or swimming pools on rooftops.

**Sailing Ships** ~ A sailing ship is said to symbolize prosperity and initiated in the old trading days in Asia. The ship was said to represent the arrival of good fortune as on board there was always gold and money. Most businesses used this symbol as a logo to bring their trade money luck and to state that their 'luck has finally arrived'. The sailing ship embodies wood, water and wind elements, which when combined is said to be most auspicious as they represent health and prosperity. Place a model or a picture of a sailing ship in the foyer of the home or workplace, facing inwardly, with a few small pieces of gold on the deck to strengthen this great symbol of good fortune.

**Sculptures** ~ Sculpture made of stone, marble, granite or ceramics should be placed in the Health section of the garden. Sharp angles and points form poison arrows, so be careful what you choose to bring into your garden. Sculptures in certain shapes and colors can also benefit you.

**Sha** ~ Sha Chí is the 'Killing Breath' or negative energy. This disruptive chí is caused by sharp angles and hostile structures. Learn how to identify it and guard against it. Deflect it with mirrors, crystals, and by placing large plants or trees in its path to slow down or absorb the sha chí directed at you and your home or workplace.

**Staircase** ~ Staircases are like bridges between each level in helping the lower level chí interact with the upper level chí. However, if a staircase faces the front or entrance door this may be particularly bad. This causes confusion between the chí entering the front door and the chí from the upper level that is draining out. To remedy this problem place a large object such as a potted plant in front or to one side of the staircase to make a filter type remedy for the chí entering and exiting. You can use other large objects such as sculptures, tall aquariums, large ornate vases, etc.

**Swimming Pool** ~ Water attracts wealth chí. Make sure that the swimming pool water is kept clean from anything that causes the water to become polluted and foul-smelling. Polluted water is an element that can attract sha chí (negative energy) at a fast pace, so it is critical to keep the pool area clean.



**Tai Chi** ~ A form of exercise that consists of slow and precise movements designed to energize the flow of chí through the body.

**Tassels** ~ Add red tassels to bamboo flutes to increase their effectiveness. Red tassels help with protection, strengthening and activation of the flutes' chí power.

**Thorns** ~ Plants carrying thorns such as the rose and cactus should not live indoors due to the poison arrows they direct at you. The cut flower of the rose is desirable if the thorns are removed. In the garden thorny plants should not be abundant and it is advised to keep them away from the house and entrances.

**Triangle** ~ The shape of the fire element. The points of a triangle act as poison arrows and care should be taken to ensure they are not directed at doorways or people.

**Turtles** ~ The turtle is considered most auspicious and the bearers of good fortune and wealth. Place wherever you want to create prosperity. Alternatively, place a black tortoise in the career area of the premises to activate or bring luck to this aspect of your life.

**Vase** ~ Vases, urns and other pottery/clay pots are fantastic earth enhancers which may enhance your romance and relationships when placed in the Relationship and guas.

**Water** ~ Symbolic of wealth and prosperity. Water should be treated with respect, as excessive or poorly placed water can prove harmful. Stagnant or polluted water should also be avoided as it will, obviously, produce stagnant and polluted chí. A water fountain is an excellent wealth cure. The circulating movement of the water keeps it from getting dirty too quickly and the sound of moving water attracts the prosperity luck into the building and keeps it there.

**Water Lilies** ~ Considered most auspicious in Feng Shui. An excellent substitute for the lotus, as it symbolizes purity.

**Waterfalls** ~ A waterfall in the Career section of your property is considered to bring good luck and fortune. It should be kept in proportion to the home and the flow should not be excessive. It should produce a soft rhythmic sound from a steady flow.

**Wavy Line** ~ Symbolic of the water element. Place in the Career gua of the home or workplace. These can be applied to sculptures or paintings.

**White** ~ The symbol for purity.

**White Tiger** ~ The Tiger is a symbol of protection and due to its ferocity, should be kept outside the home. Pictures of tigers should be placed carefully and you should consult a qualified Feng Shui consultant<sup>1</sup> for more information.

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<sup>1</sup> [www.NikkeaBDevida.com](http://www.NikkeaBDevida.com)

**Windchimes** ~ Windchimes attract positive chí energy and dispel negative sha energy.

**Windows** ~ The number of windows in the home should be proportionate to the number of doors by a factor of 3:1. A window directly opposite an entrance door will allow chí to fly straight out of the house without reaping its benefits. This will make it difficult to save money.

**Wood** ~ One of the five elements. It symbolizes growth and includes the colors of green and brown.

**Yang** ~ Yang energy is male energy and is a vital ingredient in creating good Feng Shui. It is represented by bright light, activity or movement. It is strong and rigid and represented by daytime. Yang energy should always be balanced with similarly opposite levels of Yin energy.

**Yellow** ~ The color yellow symbolizes purity. Yellow is of Earth element. Use in the Relationship gua to enhance romance and relationships. Use in the Knowledge gua or study areas of the home or workplace, to enhance knowledge and wisdom. Yellow is said to stimulate intellect so you wear yellow for situations where great knowledge may be required of you, such as to study exams, business meetings, etc.

**Yin** ~ Yin energy is silent and symbolic of female qualities. It is represented by darkness and is flexible, weak, and stationery energy. It is a vital ingredient in producing good Feng Shui. Yin energy should always be balanced with similarly opposite levels of Yang energy.

**Zen Garden** ~ Zen monasteries in Japan have beautiful gardens which were initially created for contemplation and inspiration that assisted the monk's path to spiritual insight. The monks did not keep the gardens just for the 'art of gardening' but to keep in close contact with the earth by turning the soil to cleanse it and nourish it by watering it daily. A Zen garden includes white raked sand areas, large islands of upright stones, plants and shrubs. Keeping a Zen garden requires a lot of dedication in maintaining it and by doing so this type of garden will benefit you both physically and spiritually.

# Feng Shui Resource Center

## Consultants:

Nikkea B. Devida	<a href="http://www.NikkeaBDevida.com">http://www.NikkeaBDevida.com</a>
Bartlett Designs	<a href="http://www.bartletttdesigns.com">http://www.bartletttdesigns.com</a>
Feng Shui Guild	<a href="http://www.fengshuiguild.com">http://www.fengshuiguild.com</a>
Feng Shui Palace	<a href="http://www.fengshuipalace.com">http://www.fengshuipalace.com</a>
Geomancy	<a href="http://www.geomancy.net/default-main.php">http://www.geomancy.net/default-main.php</a>
Life Design Strategies	<a href="http://www.lifedesignstrategies.com/">http://www.lifedesignstrategies.com/</a>
The Feng Shui Doctor	<a href="http://www.fengshuidocor.co.uk/home.cfm">http://www.fengshuidocor.co.uk/home.cfm</a>

## Education:

Feng Shui Institute (US)	<a href="http://www.amfengshui.com">http://www.amfengshui.com</a>
9 Harmonies School	<a href="http://www.bloomington.in.us/~9harmony/">http://www.bloomington.in.us/~9harmony/</a>
Feng Shui Advisors	<a href="http://members.tripod.com/~usafengshuiadvisors/page2.htm">http://members.tripod.com/~usafengshuiadvisors/page2.htm</a>
Feng Shui Training Center	<a href="http://www.thefengshuitrainingcenter.com">http://www.thefengshuitrainingcenter.com</a>
Feng Shui Society	<a href="http://www.fengshuisociety.org.uk">http://www.fengshuisociety.org.uk</a>
Rising Dragon	<a href="http://www.rising-dragon.co.uk/articles/index.shtml">http://www.rising-dragon.co.uk/articles/index.shtml</a>

## Forums:

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Feng Shui Times	<a href="http://www.fengshuitimes.com">http://www.fengshuitimes.com</a>
World of Feng Shui	<a href="http://www.wofs.com/forum/index.php">http://www.wofs.com/forum/index.php</a>

## Publications:

Feng Shui for Modern Living	<a href="http://www.fengshui-magazine.com">http://www.fengshui-magazine.com</a>
Feng Shui Times	<a href="http://www.fengshuitimes.com">http://www.fengshuitimes.com</a>
World of Feng Shui	<a href="http://www.wofs.com/">http://www.wofs.com/</a>

## Shopping:

Dragon-Gate	<a href="http://www.Dragon-Gate.Opportunity.com">http://www.Dragon-Gate.Opportunity.com</a> <b>One of the BEST places to purchase feng shui products. 5-stars!</b>
Fast Feng Shui	<a href="http://www.fastfengshui.com">http://www.fastfengshui.com</a>
Feng Shui Designs	<a href="http://www.fengshuidesigns.com/catalog.htm">http://www.fengshuidesigns.com/catalog.htm</a>
Feng Shui for Modern Living	<a href="http://www.fengshui-magazine.com">http://www.fengshui-magazine.com</a>
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Feng Shui Store	<a href="http://www.fengshuiweb.co.uk/">http://www.fengshuiweb.co.uk/</a>
Gallery of China	<a href="http://www.the-gallery-of-china.com/">http://www.the-gallery-of-china.com/</a>

Geomancy	<a href="http://www.geomancy.net/default-main.php">http://www.geomancy.net/default-main.php</a>
Good Luck Coins	<a href="http://www.good-luck-coins.com/index.html">http://www.good-luck-coins.com/index.html</a>
MJG Designs	<a href="http://www.mjgdesigns.com/index.html">http://www.mjgdesigns.com/index.html</a>
Rising Dragon	<a href="http://rising-dragon.co.uk/catalog/index.php">http://rising-dragon.co.uk/catalog/index.php</a>
Shoyeido Incense	<a href="http://www.shoyeido.com">http://www.shoyeido.com</a>
Unique Feng Shui Shop	<a href="http://www.uniquefengshuishop.com/page2.htm">http://www.uniquefengshuishop.com/page2.htm</a>
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